

The Bethel Citizen

Volume C • Number 49

Bethel, Maine • WEDNESDAY, December 6, 1995

50¢ a Copy

Bethel chief due back Monday

By MICHAEL DANIELS
Bethel Police Chief Dale Bellman is due to return to work Monday, Dec. 11, following a two-week disciplinary suspension.

The two-week suspension was without pay, but Bellman had been suspended with pay a week earlier while the disciplinary suspension was being decided upon, according to Town Manager Madeleine Henley.

Town officials, and Bellman, have refused to say why he was suspended.

If he chooses to appeal the matter to the Board of Selectmen, the appeal would normally be heard in secret session, but Bellman would have the option of requesting that the hearing be opened to the public.

... AND A FIRE TRUCK ... AND SOME LEGOS ... AND ... Andrew Gundersen, 5, of Bethel places his order with Santa Claus. Andrew and other area children had "Breakfast with Santa" at CPS Saturday. (Photo by Alison Aloisio)



New strain of entrepreneurship bug is biting

Local people see diverse opportunities as computers proliferate and Internet access links even rural areas to worldwide markets

By ALISON ALOISIO

Picture yourself strolling through a mall. You read the names on the storefronts, and stop to browse in some of the stores. You might make some purchases.

Now imagine being able to see all those storefronts at once on a computer screen. Click on any one of them with your mouse, and find out what the store has for sale. If you see something you like, type in your order.

That's what Scott Dennis and Chad McGrew of Newmarkets, Inc., of Bethel are offering the world — literally.

Dennis and McGrew are among a growing number of area

businessmen finding there is money to be made in cyberspace. And the proliferation of computers in both businesses and homes has brought opportunities that area entrepreneurs are seeking to exploit.

Marketing for the world

Marketing on the Internet is a growing trend. By designing "Web pages" (also known as home pages) that describe what a business has to offer, Internet marketers can offer businesses a whole new dimension in advertising.

"We're setting up groupings of Web pages (the "mall") featuring Maine products," said Dennis.

The groupings are known collectively as the Northeast Emporium.

THE BETHEL ROTARY CLUB'S CHRISTMAS FOR CHILDREN

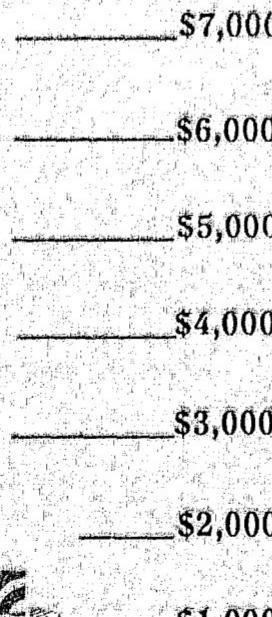
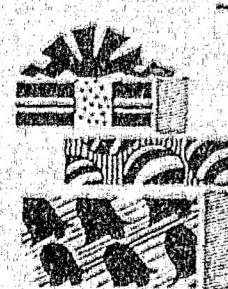
Now's the time to give!

The Bethel Rotary Club's Christmas for Children

Campaign has a goal of \$7,000 for purchasing toys for local youngsters this Christmas. So far there's approximately \$2,300 contributed. Contributions will be accepted through December 18th.

Contributions and requests may be addressed to

Dave Murphy,
844 Mayville Road,
Bethel, Maine 04217.



Rebel hoop prospects continue to brighten

By ALISON ALOISIO

The Telstar boys' and girls' basketball teams both have the potential to make basketball at Telstar more than a valiant, but too often futile, exercise.

At points in the past a year could go by without a single Telstar victory. But this year both teams are aiming at more than isolated wins.

Boys

"They want to ride to Augusta in a bus, and not just to watch a playoff game. They want to play."

That's how Telstar basketball coach Mark Thurlow describes his team's goal for the upcoming season.

To reach it, the Rebels will have to live up to their pre-season billing as a very quick, defense-oriented

County solid waste agency sharply drops fees to towns

Recycling successes credited

By ALISON ALOISIO

Money is now the highest-volume recyclable at the Oxford County Regional Solid Waste Corporation.

People in OCRCSC-member towns are not throwing dollar bills into the recycling bins. Rather it's the items they are putting in the containers that are paying big

returns -- and saving their towns money.

In Bethel, for instance, the 1992 OCRCSC assessment was \$13,974. For 1996, it will be \$3,303.

Half of that \$10,000 savings will come between this year and next -- the \$3,303 1996 figure represents a drop of \$5,000 from this year's assessment of \$8,396.

Assessments to Newry, Greenwood, and Woodstock will plummet as well. Newry's will go from \$1,144 in 1995 to \$449 in 1996; Greenwood from \$2,501 to \$983; and Woodstock from \$4,488 to \$1,767.

"It looks good for towns in recycling," said Marie Bartlett, director of marketing and education for OCRCSC.

Bartlett said the addition this year of junk mail and mixed paper (cereal and cracker boxes, for example) to the list of recyclables gave OCRCSC more wares to peddle.

"It added a significant amount to the sales," she said. "They (OCRCSC) had 32 tons of mixed paper this year."

And the prices paid by mills for

See RECYCLING FEES, page 2

Bethel goal: snow removed during the day

By MICHAEL DANIELS

Faced with complaints that winter nights in Bethel are anything but silent, the town selectmen voted Monday to try to find a way to eliminate snow-removal operations between midnight and 5 a.m.

The middle-of-the-night work on Main, Broad and Church streets has long been a source of complaints, both from residents and from lodging establishment owners -- whose guests are awakened by the noise.

Michael O'Donnell, a resident of upper Main Street, told the board

Monday that whenever there is a storm he hears complaints about the subsequent snow-removal operations.

"My dog and I patrol the neighborhood, and a lot of people yak about it," O'Donnell said. "There's always a bitch: 'Why do they do it at 2 a.m.?"'

For safety reasons, Town Manager Madeleine Henley told the board.

Henley said it was both safer and more efficient to remove the snow when there were no pedestrians and

no parked cars to work around (Bethel has a 12:01 to 6 a.m. winter-parking ban).

She also said that if the snow were to be removed during the day, then sections of the road would probably need to be closed -- something that would not please shopkeepers along the way.

"It would be a messy and inconvenient operation," she said.

Henley indicated, however, that she and the town crew were willing

See SNOW REMOVAL, page 2

Town Office to go on line

By MICHAEL DANIELS

The Bethel Town Office will soon join the growing number of local businesses on the Internet.

The Bethel Datication Committee has received a \$16,850 grant that will be used to set up a World Wide Web page for the town.

The page will contain a variety of town documents (with hypertext links) and is intended to provide easy public access to town information.

The page will be available to residents and non-residents either through their own home or business computers or through a public computer terminal in the Town Office.

Having the documents available on the Web page will make it much easier to access information about the town, and also make it cheaper to make copies of that information.

The electronic page will also reduce the time Town Office staff now spend assisting residents and others who are seeking information from town documents, Town Manager Madeleine Henley told the selectmen Monday.

Selectman Dutch Dresser, a member of the diction committee,

See TOWN OFFICE, page 5



Christmas Trees

The Greenstock Snowsports Club will be selling Christmas trees again this year on December 9 & 10 and 16 & 17 in the area. Stop by and get a good tree!

Great Holiday Gifts
the 1996
BETHEL BICENTENNIAL CALENDARS
are now available by mail.
Send \$6.00 per calendar to:
Bethel Bicentennial Committee
PO Box 995 Bethel, ME 04217

RABIES CLINIC
There will be a rabies clinic on December 9, 1995 at the Bethel Fire Station from 2:00 PM to 4:00 PM. A Bethel Town Office Employee will be available to license Bethel dogs.

The Mahoosuc Arts Council presents:

The Messiah Sing

a community choral
Rejoice in the Spirit of Christmas
Sunday, December 10th

West Parish Congregational Church
optional rehearsal 1:30-3:30 p.m.
Concert begins at 4:00 p.m.

Donations accepted



Ripley & Fletcher HEATING OIL



85°
PER GALLON
CASH PRICE
12/4/95

• LOW CASH PRICE
• APPROVED CREDIT

• SENIOR CITIZEN DISCOUNT

• 24 HOUR BURNER SERVICE

• Price Subjected to Change Without Notice

• Minimum Delivery 100 Gallons

Rte. 2, PO Box 5
Bethel, ME 04217

KEROSENE

CASH PRICE

824-2142 105°

LOOK FOR OUR RED SHIELD HEATING OIL
AND ENJOY A WARMER WINTER.

Evening of Song

West Bethel Union Church and United Methodist Church Choirs join voices Friday, December 8th at West Bethel Union Church • 7 pm Refreshments after

Bethel Historical Society's 4th Annual

25% Off Sale

entire stock in museum store during the month of December.

10 am - 4 pm • Mon. thru Fri. and by appointment
824-2908

additional \$2 with coupon

Letters

THANKS, ROAD CREW

To the Editor:

I would like to say thank you to Bob Pilgrim and his road crew for an absolutely great job they do on our town roads.

The reason I am writing this letter is because I was in Rumford and Andover last week on the day of the storm. Rumford and Andover roads were not plowed at all. I mean I was driving on snow. But when I got back to Bethel I saw pavement. That told me Bob and his crew were out plowing most of the day. What a joy it was to drive on pavement again. Thanks, Bob.

I would also like to say this: I have stood in line at the grocery store and heard people complain to Bob's wife how the road crew wakes them up at 2 a.m. because they were cleaning the roads. I just don't think it is fair to complain to her. She doesn't have anything to do with it. She has her job, and Bob has his. If you want to complain go to Bob himself. But that might not do any good. It will go in one ear and out the other. If you have any better ideas he will listen.

You people that do complain, how would you like it if they closed off Main St. and all of the other streets at 9 in the morning? Then you wouldn't be able to do any shopping, because the roads are closed so they can clean them up.

Now, you tell me which is better: the crew getting out in the wee hours of the morning or in the mid-morning where they have to close off the roads to clean up? If I had my choice I would pick the wee hours of the morning.

Bob is trying his very best. He knows how to keep our roads clean and safe for us, the citizens. Yes, I will agree with you, there is some inconvenience for some of us citizens. But, isn't it worth a little bit of inconvenience so we can be safe later on during the day? I do.

Dawn Gross

Bethel

WORKING TOGETHER AT TELSTAR

To the Editor:

Young people at the Telstar complex in the SAD44 school district need to be congratulated for the effort and energy which they have consistently given since the beginning of the school year. Members of F.A.C.T., the Freshmen Awareness Committee at Telstar, planned, organized, and helped fund-raise a Thanksgiving dinner for over 200 senior citizens. Various clubs, such as drama and chorus have performed for some special functions and community organizations. Peer Helpers have been very active recently during Red Ribbon Week educating youngsters of all ages throughout the district in areas around chemical awareness and addiction including tobacco, alcohol and other substances. The Telstar Middle School students organized a food drive and contributed over 650 food items to the local district exchange for distribution throughout the holiday season.

High school Big Brothers and Big Sisters meet weekly with youngsters in the elementary school to help foster self-esteem. Helping Hands, a group of seventh-graders geared to assist second-graders with reading and math skills as well as hands-on activities, go to Crescent Park School weekly. Reading Buddies, also seventh-grade students, work at all grade levels in the elementary schools to assist youngsters improve their reading skills.

The high school Student Council sponsors two children -- one inner city child in New York and another in India, which means they provide food, medical services, education opportunities for these needy children.

The list goes on. In many different ways, youngsters are contributing positively to our community. Those of us who have the privilege of knowing and working with them appreciate their time and energy. We thank them for their commitment to making the world a better place.

Elizabeth LaVallee, L.P.C. and Sally Hannon, L.P.C.
School Counselors

TAKE A STAND

To the Editor:

"Take a Stand Against Impaired Driving" is the theme for this December's National Drunk and Drugged Driving (3D) Prevention Month. The Regional Partnership and the Western Regional Council on Alcoholism join a coalition of national organizations, including the National Highway Traffic Safety Administration (NHTSA), in kicking off the month by issuing a call to action to area residents.

A decade of combined efforts by NHTSA, media and many public and private organizations has demonstrated that a combination of education and enforcement works to reduce impaired driving. 3D Month and other strategies are credited with saving lives and reducing both injury and property damage. In 1994, 16,600 Americans died in alcohol-involved crashes, the lowest figure in 31 years, but according to NHTSA officials, still unacceptably high.

This year's 3D Month efforts focus on the young adult driver, primarily males aged 21-34. This population is over-represented in all crash data, including deaths and injuries.

The Regional Partnership and the Western Regional Council on Alcoholism is taking part in this nationwide effort to emphasize the consequences of impaired driving and what can be done to reduce the number of alcohol-related crashes that claim thousands of innocent lives each year.

We all can take a stand against impaired driving this holiday season by designating drivers, supporting tougher anti-OUI legislation and being responsible party hosts.

When hosting a holiday party, make sure a variety of beverages are available for guests, including non-alcoholic ones. Give your guests something else to do besides drink. Serve food. Dance. Play games. Pay attention to how much your guests are drinking. Take away the keys or arrange for transportation for those who have too much.

The "Take a Stand Against Impaired Driving" campaign promotes ways community residents can do their part to stop impaired driving tragedies. The Regional Partnership and the Western Regional Council on Alcoholism urge citizens to support tough anti-OUI legislation and be responsible party hosts and responsible drinkers.

We encourage everyone to take a stand against impaired driving this holiday season and throughout the year.

Brian Stowell
prevention specialist, Regional Partnership

To the Editor:

Christmas in Bethel would not be the same without the yearly presentation of the Living Nativity. With the help of the Rotary Club, a temporary stable will appear on the Bethel Town Common enclosing farm animals and the manger scene. Volunteers in period costumes portray the various characters as the Christmas story is told. As is the case every year, a local family with a newborn child is asked to represent the Holy Family. Presently, volunteers are busy planning this year's production to be presented Sunday, Dec. 17, at 5 p.m. Anyone who is interested in helping with the production should contact Carl or Nancy Hansen at 824-4095. The choir, under the direction of Mary Brown, will need participants to gather in the lobby of the Bethel Inn at 4:30 p.m. the night of the performance.

Carl Hansen
Bethel

Recycling fees

Continued from page 1

recyclable paper skyrocketed through the first half of the year, also adding to sales totals.

In a letter to the 18 member towns, OCRSWC treasurer Arthur Hill said, "Although our 1996 budget has grown, due to our success in achieving large sales growth in 1995, our need for money from member towns has decreased by \$49,755 (a decrease of 61 percent)."

Prices dropping now
But those same prices have done an about-face lately. Bartlett said

it's typical for prices to drop late each year, due partly to a glut of paper in the mills, but the recent drop is particularly steep.

"The prices have taken a lower-than-usual dive this year," she said.

Lower to the tune of \$11 a ton for corrugated cardboard this month, compared to \$19 in June. Last November the price was \$71 a ton.

But Bartlett expects the prices will start up again after the first of the year. In any case, she said, recycling still beats paying to have trash hauled away.

"Towns can pay \$85 to \$100 a ton to have solid waste hauled. That makes a good selling point for the corporation," she said.

Bartlett said figures for each town's recycling percentage (of its total waste stream) will be available soon. The mixed paper/junk mail additions should help there, too.

In 1994, Bartlett said, Bethel recycled 14 percent, Newry 17 percent, and Greenwood/Woodstock 18 percent. OCRSWC (with 18 member towns) recycles 22 percent as a whole.

Snow removal

Continued from page 1

to give daytime removal a try. "But if it's going to be a real learning curve," she said, "I beg the board to support us in our trials."

The board voted unanimously in favor of Ruth Grover's motion to set a goal of eliminating snow removal in the early hours.

The selectmen also expressed some support for looking into the possibility of getting better equipment.

It would be far less of a problem, Bob Chadbourne said, "If we had a snowblower that was capable of loading not only light snow but

heavy snow as well."

John Thurston agreed. Pointing to the success of other towns in daytime snow removal, he said: "It's a very workable, easily solved situation -- given the right equipment."

Share your ideas about Main St.

The revitalization of Main Street will be the topic of discussion at a Christmas Tea in Bethel on Dec. 10. "It will be about how people want to see Main Street and the community in the next 10 years," said Ruth Grover, a member of the Main Street Committee.

She said ideas to be discussed will include the addition of decorative street lights and recreation and resting areas along the walkway to the Bethel Station project.

The meeting will be facilitated by Theresa Stephiug of AVCOG and will take place at the West Parish Congregational Church from 2 to 4 p.m.

Letters to the editor

The Citizen welcomes letters to the editor. We hope our readers will regard the Opinion page of the newspaper as a public forum for discussing any topic they believe to be of interest to the community.

Insofar as possible we attempt to publish letters without alteration, but we do reserve the right to edit for length, libel and taste.

We do not knowingly publish letters that have been submitted to other newspapers, or letters to third

parties, or letters which endorse products, or letters which are unsigned. These guidelines will be waived, however, when doing so is deemed to be in the community's interest.

When writing, please include your full name, signature, address and telephone number (so that we may verify authorship).

Send your letters to: Editor, Bethel Citizen, P.O. Box 109, Bethel, ME 04217.

THIS WEEK AT THE Moses Mason House

The fourth annual 25-percent-off sale at the Bethel Historical Society's Museum Store is underway during the month of December. It is an excellent opportunity to find something for holiday giving at special prices. Hours are 10 a.m. to 4 p.m., Monday through Friday and by appointment (824-2908).

December is also membership month at the Bethel Historical Society. Membership in the society entitles one to free admission to the Dr. Moses Mason House Museum, special discounts in the museum store, preferred rates for meeting room rentals, special library and archival privileges, the quarterly publication, "The Bethel Courier," reduced course fees, voting rights at meetings, and special invitations to society events. Membership is available at varying levels and gift cards are available for those who wish to give a gift membership. For further details, call the society office at 824-2908.

All members and friends of the Bethel Historical Society are reminded that the next monthly meeting will be held on Dec. 7 at the Dr. Moses Mason House, beginning at 6:30 p.m. for the annual "Christmas with the Masons." Mulled cider will be served from the hearth of the winter kitchen, special Christmas treats will be available in the dining room and Gould Academy students will provide Christmas music. In the meeting room, the Mahoosuc Music Makers will give a Christmas concert. At 7:30 p.m. the society will hold a very brief business meeting followed by slides of old photos taken during the past year. There is no admission charge and anyone interested in attending is cordially invited to do so.

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Briefly

Airport authority appointed

BETHEL--The town selectmen have appointed Peter Kailey, Avery Angevine, John Head, Ron Kendall, and Richard Theriault to the town's new Airport Advisory Board. Ken Ramage and Daniel Gibbs were appointed as associate members. In last month's election, Bethel voters approved (621-331) the establishment of a single airport authority to manage the Col. Dyke Airfield and Airport Industrial Park. The authority replaces two earlier boards -- the Airport Advisory Committee and Airport Industrial Park Committee -- that had advised the selectmen on airport and industrial park matters. The new authority will make its recommendations to the selectmen, who retain ultimate responsibility for any decisions. The vote on the initial appointments was unanimous. Others who had applied for a spot on the advisory board included: Ernest Angevine, Dennis Doyon, Richard Hosterman, George Larson, Burtt Mills, Cathy Newell, Tom Richardson and Steve Whitney.

No injuries in tractor-trailer accident

BETHEL--Four people escaped injury Tuesday morning in a car/tractor trailer accident at the cloverleaf near the Route 2 overpass. According to Sgt. Darren Tripp of the Bethel Police Department, a tractor trailer driven by Guy Berube of Limestone attempted a left turn onto Route 2 from the on ramp. A car driven by Cleveland Lovejoy of West Bethel was headed east on Route 2, and struck the truck along the right front of the tractor. Neither driver was injured. One of Lovejoy's passengers, Fannie Cummings of West Bethel, was shaken up. She was checked by Bethel Rescue at the scene and released. Lovejoy's wife, Cathryn, also a passenger, was not injured. Tripp said Berube did not see the car as he turned onto Route 2.

23 apply for Greenwood manager job

GREENWOOD--Selectmen plan to start interviewing prospective town managers in late January. They received a total of 23 applications for the position, created by a vote at Town Meeting last March. Chair Marie Bartlett said 17 of the applicants were from Maine, while most of the others came from the remaining New England states. Selectmen plan to review applications over the next two weeks. However, the town manager position itself is still in question. A petition has put the issue up for reconsideration at the 1996 Town Meeting.

Andover has permanent skating rink

ANDOVER--Andover now has a permanent skating rink behind the fire station, thanks to the efforts of volunteers. The land has been cleared and graded, and a light will be placed on the fire house to illuminate the rink.

Young snowmobiler dies

OXFORD--A 12-year-old boy died Sunday after his snowmobile struck the concrete foundation of an old dairy barn on the Gore Road. Scott Mowatt of Oxford was riding alone on a 1989 Ski-Doo snowmobile at 9:45 a.m. when, according to Warden Service spokesman Paul Reynolds, the machine hit the building and "glanced off some kind of concrete abutment, then the sled plunged into the building down below into a cellar of some kind. As the sled slipped into the cellar, the boy was thrown off the snowmobile and hit his head on foundation beams and received some very serious head injuries," according to Reynolds. The boy was not wearing a helmet.

Norway man killed by muzzleloader

HARRISON--Derek Melberg Jacobs, 43, was shot and killed Saturday evening at a rural home off the Plains Road. Police arrested George Wormwood III, 43, of Ossifield. He was originally charged with murder, but the charge was reduced to manslaughter on Tuesday in an arraignment in Portland District Court. He was released on personal recognizance. The case will be presented to a grand jury sometime this month. Wormwood and Jacobs were among a party of five men, some of whom had been hunting Saturday. According to Maine Public Safety spokesman Steven McCausland all of the men had been打猎 prior to the shooting, and a fight had broken out. Jacobs was shot once and died of a wound to the abdomen.

Placemat features water quality quiz

SOUTH PARIS--A placemat featuring a water quality quiz will be used in area restaurants the week of Dec. 10. The mats are produced by the Little Androscoggin Water Project. They illustrate nonpoint source pollution, which results from runoff which moves over the land and through the groundwater, collecting sediments, toxics and excess nutrients, and ends up in water bodies. The quiz shows potential pollution problems, and matches them with solutions. For example, dumping oil or other household chemicals down the drain sends those pollutants directly to the river or into sewage treatment plants, with harmful side effects. The solutions include recycling the oil and using less toxic alternatives to household chemicals.

Candid camera on school buses

RUMFORD--Having a camera recording student activity on school buses seems to be improving the kids' behavior, according to Ron Deegan, SAD43 building, grounds and transportation supervisor. Black camera boxes were installed in all district buses this year. There's only one that actually has a camera in it -- but the students don't know which one it is. "I've noticed, in the times I have watched the videos, that just the students knowing that a camera could be in that box makes a big difference," said Deegan. The effectiveness of the camera program will be evaluated at the end of the school year.

Local oversight of U.S.F.S. proposed

MONTPELIER, VT.--A bill calling for the creation of a committee to oversee the U.S. Forest Service's practices in Vermont will be introduced in the Legislature in January. The legislation being proposed by state Sen. Matt Krauss, R-Washington, would give officials and people from the towns where the Green Mountain National Forest is located a forum to discuss concerns about the way that land is managed. Earlier this year representatives of several southern Vermont towns traveled to the Statehouse to question the activities of the Forest Service in their towns. The concerns focused around the loss of property taxes, timber harvest goals, timber liquidation on lands about to be purchased, and whether the Forest Service would follow existing state law regarding land acquisitions. At that time Deputy Attorney General J. Walter Malley Jr. said the state would sue to block future land acquisitions in the Green Mountain National Forest if the Forest Service failed to follow Vermont law granting local approval of those sales. But Gov. Howard Dean said it was foolish to pit the state against the Forest Service. He suggested it would be better to encourage the Forest Service to purchase additional Vermont land because the state didn't have the resources for preservation efforts.

Young male skiers most at risk

COLORADO--A Colorado study has confirmed that young, self-confident guys are the most dangerous people on the slopes. Of the 35 skiers killed in skiing accidents during the study period, 80 percent were male and most were 19 to 39 years old. Two-thirds of those killed were skiing in the afternoon, and more than half died on a downhill, in-bound area. Michael Berry, president of the National Ski Areas Association, said none of that is surprising. "Young males are considered the at-risk population," Berry said. "It doesn't matter whether you're talking about driving or skiing fatalities, they're aggressive. They're prone to be skiing faster, and most collisions occur between a skier and object."

THINK ABOUT OUR FUTURE ENVIRONMENT
RECYCLE NOW

OUR BACK PAGES

From December 1914

EXCITING RUNAWAY.

A little excitement was caused last Monday afternoon when Mr. W. A. Bragg's horses started on a run down Paradise road...

Mr. Bragg left his horses to make a call and before he could get back something frightened them. They made the turn onto Broad street, down past Carver's store, breaking off one of the store hitching posts in front of the store, and straight through to the Park; then up onto Church street but they couldn't make Main street and the wagon brought up against the telephone post in front of Lyon's store, and stopped.

Fortunately no one was injured, and the only damage done was to the waggon and groceries.

ARE YOUR FALSE TEETH BROKEN?

Mail us all the pieces and 50 cents and we will repair and return them the same day as received. We will make your teeth over as good as new for \$1.00.

The Dentists Repair Company,
Room 38, 536 Congress St.,
Portland, Maine.

Worms Sap Children's Health

Mothers often wonder why their children are not rugged and hardy. In a vast number of cases the trouble is Worms.

Signs of worms are: Indigestion, variable appetite, craving for sweets, nausea, vomiting, swollen upper lip, hard and full belly, eyes heavy and dull, twitching eyelids, itching in the nose, itching of the rectum, short dry cough, grinding of the teeth, little red points sticking out on tongue, starting during sleep, slow fever.

Dr. True's Elixir, the 60 years time-tried Family Laxative and Worm Expeller, will expel the worms and restore the vim and vigor to your child. Good for adults also. Discovered by my father over 60 years ago. 35¢, 50¢ and \$1.00 at all dealers'. Advice free. Sample treatment for tapeworms. Send for book.

Auburn, Maine. Dr. True

ADDITIONAL LOCALS

Miss Marian Swift of Locke's Mills visited at John Swan's, Saturday night and Sunday.

Miss Sylvia Swan commenced school at Locke's Mills, this week.

Mr. A. Van Den Kerckhoven was in Norway, Wednesday.

sunday

SUN-JOURNAL

has gotten bigger.

Maine's Best Weekend* has gotten

bigger and better this October!

* This past September, Sunday Sun-Journal was recognized as Maine's Best Weekend Newspaper by The Maine Press Association.

Now, we've gotten even better.

Sunday, October 1st, we pumped up your Sunday newspaper to include even more of what you'd been asking for!

Every Sunday, you can look forward to more reading pleasure - more information and more news.

Here's a look at your new choices...

Front Section - Our "A" section still contains important local news, national and world news.

Local News Section - Our "B" section

is your best source for local news! You

have a place to turn to find out what's

happening close to home. When

necessary, Maine & New England news

is included. Obituaries are located on the second page.

Sports Section - Our "C" section continues to be your best source for complete sports coverage... the kind you're come to expect from Sunday Sun-Journal.

Perspective - Our "D" section contains penetrating editorials, opinions and analysis.

Maine Living Section - Bigger and better! We are providing a lot more information on books, music, movies, food, health, home improvement, gardening, automotive, parenting, leisure and the outdoors. The back of this section has special themes treated like popular Health/Science page on Saturday.

Local News Section - Our "B" section

is your best source for local news! You

have a place to turn to find out what's

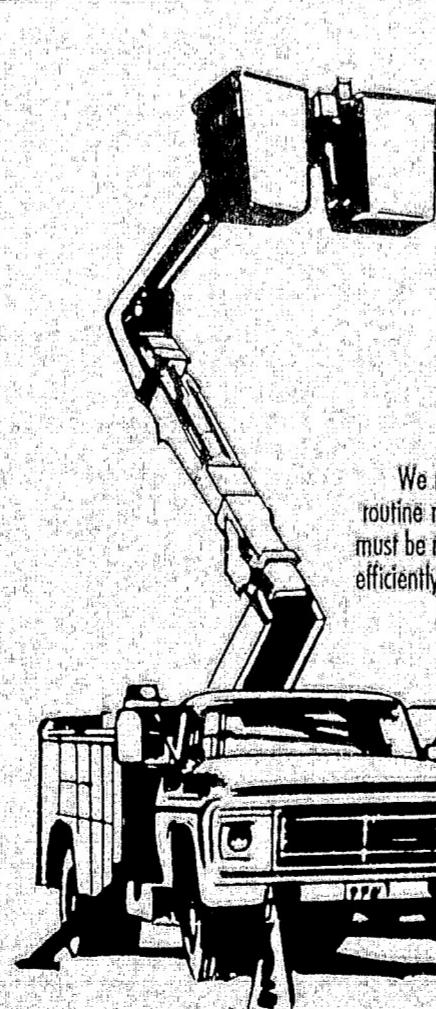
happening close to home. When

necessary, Maine & New England news

is included. Obituaries are located on the second page.

For Home Delivery Call 784-3555 or 1 800 482-0753

ELECTRICAL SERVICE INTERRUPTION



Time Off: 12:00 am
Time On: 5:00 am
Day: Saturday
Date: Dec. 9, 1995

Area: All of Albany,
Stoneham, North Lowell,
North Waterford,
East Waterford including
the east side of McWayne Pond
and in Bethel, the Songo Pond
road and the Wheeler Road.

We regret causing you any inconvenience, but routine maintenance and repairs, when necessary, must be made so that we may continue serving you efficiently. We've scheduled the above time hoping it will cause you the least inconvenience and we'll complete the work as quickly as possible.

CENTRAL
MAINE POWER

If the weather is inclement, this work will be rescheduled for December 10, 1995 at the same time.

From the Bethel Police log:

Photo leads to recovery of guns

On Nov. 30 an Augusta resident called the Police Department to report he had just received a copy of the Bethel Citizen and had identified two handguns in a photo as his. He said he would be back in Bethel in the afternoon to identify other items stolen from his vehicle. The items were returned to him.

Friday, Dec. 1

At 3:07 p.m. a Somersworth, N.H. resident reported that on Nov. 29 her son had dropped his wallet at the Casablanca Theater after the last show. She said she had called the theater and was told someone had found the wallet and turned it in to the Police Department. There was no record showing that, however. The officer checked with the manager, who said that a Bethel resident had found the wallet and was planning to turn it in to police. Police planned to contact the resident.

Saturday, Dec. 2

At 4:22 p.m. a Paradise Road resident reported her daughter could not be found after leaving the Casablanca Theater at about 3 p.m. The caller said she was going to search the town. She then reported at 4:35 p.m. that she had found her daughter walking on Church Street.

Sunday, Dec. 3

At 9:10 p.m. a Bryant Pond resident reported that while he was attending church on Church Street someone had entered his vehicle and stolen money from the ashtray. He said there was no more than \$10 in change, and nothing else was missing.

Monday, Dec. 4

At 12:05 p.m. a Bethel resident reported that while her car was parked adjacent to the Congregational Church someone entered it and removed \$3 in change and a knife from the glove compartment.

This report highlights points of interest from the Bethel Police Department log, but does not include all reports of police activity. To reach the Bethel Police Department, call 911 in emergency situations, 824-3437 in non-emergencies. An answering machine takes calls when an officer is not in the office.

Visit THE WOOL SHED at Abbotts Mill Farm 364-2697

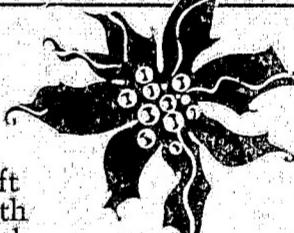
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The Bethel Inn
Country Club
Maine

On the Common • Bethel, Maine

Entrepreneurs

Continued from page 1

and get information at a glance. "It's advertising for the whole world," said Dennis.

He said the service is surprisingly inexpensive.

"You can get 22 color photos and listings for \$40 a month," Dennis said -- that's less expensive than the cost of a single similar color ad in a newspaper, he said.

NetExpress, Inc. of Bethel also offers Web page design. The company was established by Dutch Dresser of the Bethel Datsification Committee. Derek Dresser and Terry O'Reilly's customers include Sunday River Ski Resort, Mahoosuc Realty, and the Bethel Inn.

O'Reilly provides technical support and training for businesses going on-line, while Dresser does graphic design.

"I can scan a photo from the business brochure, and put it on the page," Dresser said.

NetExpress has about 30

customers so far.

One of them is the Bethel Inn. Guests can make inquiries about reservations over the Internet, although actual reservations must be made by phone. Manager Allen Connors said the inn gets about 10 inquiries a week since going on-line about a month ago. It's a small percentage of the total requests, but as Connors says, "It's the wave of the future."

Reservations by e-mail

John Bayerlein's Cameron House

Bed and Breakfast in Bethel is also on-line. He said guests are starting to make reservations through e-mail.

"One woman in Connecticut read our information, then sent a message that she was sending a deposit

"We're working on including a daily cross-country ski report, too," said Gray. "Then there will be cross country conditions for anyone in the world that wants it."

But Gray cautions that advertising on the Net may not be for everyone,

'It used to be that three days of work in the woods meant one-and-a-half days of figuring with a hand-held calculator. Now, the computer spits it back at you in a matter of milliseconds.'

FORESTER JOHN LABAN

for the room," he said.

Bayerlein also has reservations for three days in January from a group of 16 Virginia Mennonites who found him while surfing the Net.

"They're coming up for their first ski experience," he said.

Wende Gray of Bethel is another Internet marketing entrepreneur. She sets up Web pages for white water rafting companies and the Maine Nordic Ski Council, among others.

You have to look at your market. If it's not computer-oriented, or it's only localized, it may not make sense. You may be better off to spend your money at the Bethel Citizen, because 95 percent of the people will look at it," she said.

The computer-oriented are discovering Bethel's Internet offerings in increasing numbers. Dutch Dresser said "hit" counts -- the number of files taken from the server each month -- has jumped from 7,000 in July to 127,000 in November (see graph).

"Sunday River is the big attractor with over 5,000 visits to its home page and lots more to its many other pages. The video clip installed on the Sunday River page around the middle of this month was downloaded over 1,300 times in the ensuing couple of weeks," Dresser said.

The town of Bethel home page was visited 908 times during the month of November. People visiting it go in many directions from there, but they choose to look for

BETHEL FAMILY DENTISTRY

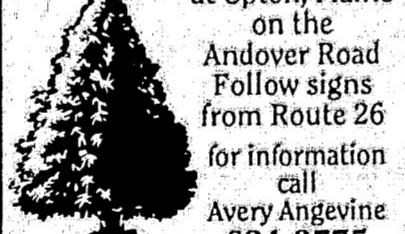
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December 20th & 27th
issues of



The Bethel Citizen

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824-2444 or 1-800-9BC-NEWS

real estate more than half the time, with a total of over 550 visitors looking at our scant real estate offerings during the past month," he said.

Software consultants busy

The novelty of marketing on the Internet has put it in the computer limelight recently. But there are also other computer entrepreneurs in the area who sell greater business efficiency as their product -- in the form of computer software programs.

Don Bennett of Bethel is one. His Red House Management Service sells custom-designed software to customers including the Bethel Water District, the town of Newry, and the Bethel Inn.

Bennett designed the water district's billing program and Newry's tax billing program. Last year, Bennett set up Newry's town report so it was camera-ready for printing -- bypassing the usual step of having it set up elsewhere.

Bennett set up his business about six years ago, after having worked as the front desk manager at the Bethel Inn. He realized the potential for such a business while doing guest bills.

"I was trying to write up guest bills each night, and it took about three hours. People, including myself, were making \$100 errors."

He wrote a computer program that "reduced the whole job to 45 seconds."

Bennett received referrals to write programs for other businesses, and Red House Management was established.

And with the help of fax machines and e-mail, he can keep in touch with clients even when he's on vacation in Florida.

"Communicating through fax and the Internet increases productivity," Bennett said.

John Bayerlein, in addition to running Cameron House, also operates a business known as Spreadsheet Solutions. He provides accounting services to about a dozen area inns, resorts, and restaurants. He, too,



CLOCKS STRUCK BY THE LIGHT DECLARE THAT TIME IS NEITHER LEFT NOR RIGHT, but many local business people think the time is ripe for them to promote their goods over the Internet. Pearl Jordan's Southpaw Shop in Locke Mills is among them. (With apologies to Robert Frost.)

(Photo by Alison Aloisio)

stays in touch with clients electronically.

"I can forward financial information to any client who has a modem on his computer," he said.

Bayerlein said that for his customers, doing business electronically takes a little getting used to.

"Some of them still like to have the books right there (in paper form) where they can see them," he said.

Another computer consultant

helping businesses operate more efficiently is George Twine of West Paris.

He runs a one-man operation, Expanding Computer Usage, that he established about a year ago.

He writes custom programs and also specializes in trouble-shooting, training, and support. He has designed inventory programs for a recreational vehicle business and a car dealer, for example.

Twine also makes house calls to new computer owners -- "people

See ENTREPRENEURS, next page

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Entrepreneurs

Continued from previous page

who have gone to the department store, bought a computer, and then say, "Now what do I do?"

"And some people say, 'I should take a semester computer course at USM.' I can bring them in for four hours and teach them something specific that they need, like a spreadsheet. It saves them taking the semester course," he said.

Some software free

John Laban of West Bethel, a consulting forester, did not need to hire a computer consultant to design his software -- he got it for free from the U.S. Forest Service.

Laban does inventories of both small and large woodlots for private landowners. He started using a computer about a year and a half ago.

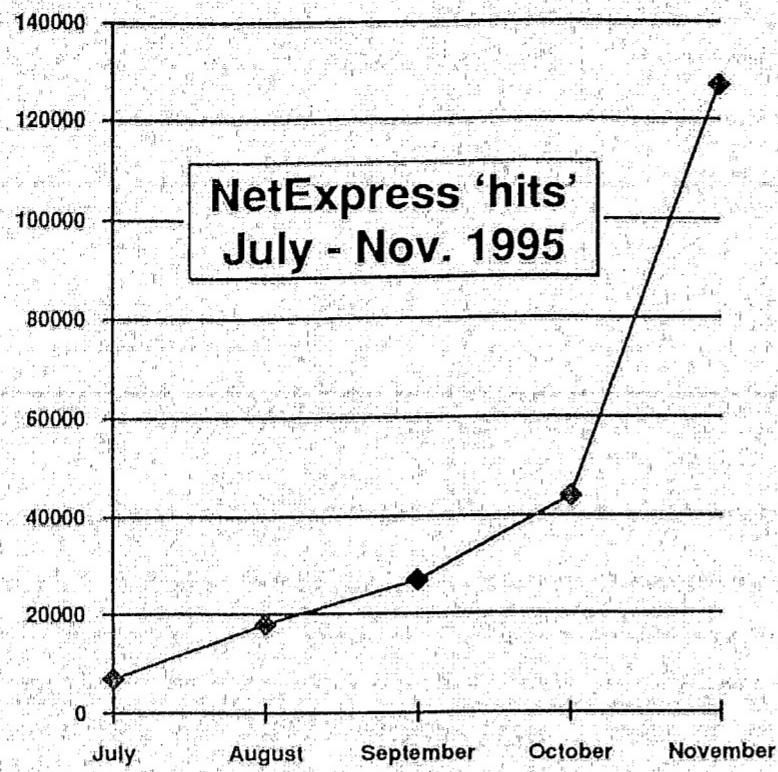
He goes out and takes samples of wood on a lot, then compiles the information according to the owner's needs. A report might include the amount of pulpwood, or the number of board feet of lumber on a lot.

"It used to be that three days of work in the woods meant one and a half days of figuring with a handheld calculator. Now, the computer spits it back at you in a matter of milliseconds," he said.

He said there are even programs that can predict what the wood on a lot will be worth in 20 years.

And, Laban said, there is more potential computer usage down the road.

For instance, he said that now,



when large companies inventory vast woodlots, they hire an airplane to take aerial photos. But with satellite imagery capabilities, he foresees the day when he will have that information, too.

"Eventually, we'll probably be able to download a satellite image of someone's backyard," he said.

Andover

by Karen McKay

The Andover Elementary School Christmas Fair will be held on Thursday, Dec. 7 from 6 to 8 p.m. at the school. Each classroom will be sponsoring a game booth which will be free for all attending. There will also be crafts, food, raffle tickets, balloons, and logo merchandise on sale. Santa will make an appearance so bring along your wish list.

The Andover School is sponsoring a toy-gum-for-book exchange to promote non-violent recreational choices. For every toy gun turned in at the Christmas Fair on Dec. 7, your child will receive a new book. The Andover staff, Rockland and Rhyme and Reason donated the books for this cause.

The Historical Society is taking orders for their Lovejoy Bridge coffee mugs. The mugs, decorated with a sketch of the covered bridge, are selling for \$5 each. The first shipment of the limited keepsakes is almost sold out, a new shipment is expected this week in time for holiday gift giving. The 1996 Calendars are selling fast, just a few are still available. Please contact a society member to reserve your Andover souvenirs: Betsy Swan at 392-4742; Trudy Akers at 392-3157 or Norma

6 to 8 p.m. at the school. Each classroom will be sponsoring a game booth which will be free for all attending. There will also be crafts, food, raffle tickets, balloons, and logo merchandise on sale. Santa will make an appearance so bring along your wish list.

Get well wishes to Mrs. Betsey Fisher.

Bryant Pond

by Alice Hoyt

Franklin Grange No. 124 met on Monday, Nov. 20 for a regular meeting and Thanksgiving

program. The program was as follows: opening song "Come people Come"; trivia quiz; poem "Give Thanks"; Grange band played flute, "What do you know about Thanksgiving?"; Don Canwell whistled Indian prayer, mystery guest; someone thought "Prayer of Thanksgiving"; closing song, "We Gather Together." Cards were sent to Vicki Swan, Carl Brooks, Mary Stewart, Mrs. Wadsworth and Agnes Letitia. Next meeting is Dec. 18 with a 6:30 p.m. supper and Christmas party.

Local Grange No. D.U.V. will meet for election of officers and Christmas party on Dec. 11. There

Farrington at 392-2652.

The 50/50 raffle tickets are on sale at the local stores until Dec. 15. The Andover Educational Fund Class of 1995 is sponsoring the drawing.

Warren and Norma Palmer and son, Josh of Kentucky were in town for the Thanksgiving holiday. They enjoyed visiting with family and friends in town and in Upton.

Get well wishes to Mrs. Betsey Fisher.

Greenwood City

by Colista Morgan

Since I last wrote, snow has come to our valley. The pond grew ice along its banks. Now it is completely closed, even the channel.

The ridges are like threads laid down at random, here and there hidden under the lee of bluffs or wooded bends. I looked at them through pine branches feathered with snow.

The white birches were eye catching and spectacular. It is hard to picture the winter hillside, where the grace of this tree is absent.

In any natural surrounding, some single feature dominates. It may be

clearness of atmosphere, a shady road, a sunny interval or a tree. My feature is a mountain range. This stands forever, a symbol of peace.

The mountains of Maine are insignificant compared to the Alps or Andes; to me they are a revelation. Some folks have to get used to them, to become acquainted with them. It is hard at first for the unaccustomed eye and mind to accept them, as they loom solid and massive, where there should be sky. Some people feel crushed or shut in among them, I look at them with fondness the first thing in the morning to see how they got through the night. When evening comes I check their mood. They can be alive, capable of patience or anger. At times they seem so near that I could reach out and touch them. At other times they give the impression of distance. Some times they are black and brooding or pearly and thoughtful. Even when invisible behind rain and clouds, I can feel them there, waiting out a storm. They look like earth heads saying their prayers.

How wonderful they are against the sapphire sky!

The Thanksgiving Holiday is over. I was with the Holt family at the farm. There were 11 of us around the table. We had too much to eat and lots of fun.

Dorothy Betts had all of her children, grandchildren and her brother-in-law Leland.

Rena Curtis had 41 at her home. Most of her eight children and their families.

There were other gatherings also.

An automobile accident took place during the day between the farm and the Betts' home; a car turned over. The fire truck and ambulance came.

The Bethel Citizen

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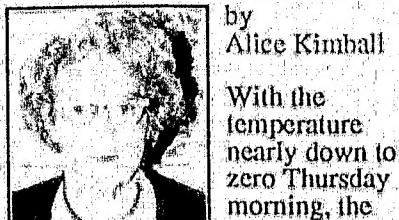
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Songo Pond

by Alice Kimball

With the temperature nearly down to zero Thursday morning, the pond froze over as far as I can see. Guess the reading broke the record for a day in November, even though it was the last day.

Mrs. Phyllis Bancroft returned home last Wednesday after undergoing a knee replacement at Stephens Memorial Hospital. Paul and Judy Hale of Lisbon Falls came up and helped out at home, also some family and neighbors. Bill spent some time with Judy and Paul in Lisbon Falls.

Recent visitors with the Bancrofts have been Mr. and Mrs. Edwin Gardner of Waterford, Mr. and Mrs. Bruce Smith of Stoneham, and Mrs. Mary Keniston of Bethel.

Seventeen family members enjoyed a bountiful dinner on Thanksgiving day with Ethel and Craig Turner, Dave and Jon Bean, Sarah Bean was home from Wheelock College in Boston, Amber Bean from University of Vermont, Herbie and Dottie Adams of Hanover, Erin Adams and friend Daryl from Portland, Sylvia Swan, Sheri, Tami and Christopher from Auburn, Norma and David Salway and myself. Sickness and injuries kept some others at home. I stayed there for several days.

Mrs. Kaity Gatchell of Portland made an overnight visit with her grandparents here during the weekend.

Ethel drove me to Portland Tuesday to keep a medical appointment and she brought me up home on Wednesday. We went to Norway-Pars Saturday to watch the Christmas Parade. Floats and characters portrayed the theme of Dickens' "A Christmas Carol." Grandson Jon Bean was a member of the Junior High Band which took part.

Deepest sympathy is extended to the family of Connie Hindman. The best antidote for fear is faith.

--N. Freeman

THE CROWN MUSEUM

Bryant Pond

KEEP US IN MIND

It's that time of year when your local Rotary Club must start gathering items for our collection. The proceeds of all our efforts go to support such projects as the Senior Citizen Christmas Dinner, Christmas Food Baskets for the needy, student scholarships, support of the local health facilities, summer camp tuitions, area athletes expenses, disabled individuals needs, etc.

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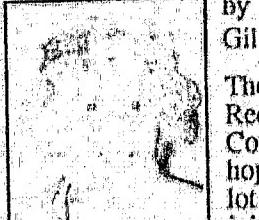
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GRASSROOTS

graphics

743-5118 217 Main St., Norway

Open M-F 9-5 • Sat 9-1

North Newry

by Gil Seeley

The Newry Recreation Committee is hoping to see a lot of people join in on the holiday fun this Saturday at the Newry Town Office. Cookie decorating, tree lighting, Christmas carols, and a potluck supper all starting at 4 p.m. See you there.

Happy Birthday to Freda Robertson in the year ahead -- "Wishing you a world of happy things, and all the special pleasures that a birthday always brings."

Call to Worship took place Sunday, Nov. 26, at 9 a.m. at the Newry Community Church with Pastor Rodney Hanscom at the pulpit and daughter Nancy at the organ. The Message of the Day was: "Not for just a day, not for just an hour," from Psalms 34:1. "I will bless the Lord at all times; his praise shall continually be in my mouth."

Five members of the "Newry Bowling Gang" went to the Oxford Lanes in Rumford one day last week: Karlene Bachelder, Betsy Clark, Gil Seeley, Bea Lowell and Eleanor Davis. On the overall scores, Karlene was high on the triples beating Betsy by one pin; Betsy was high on the singles beating Karlene by four pins and Gil by six pins. Of the "Righties," Eleanor was high on both the singles and triples. Karlene had two spares and on strike. Betsy had two spares, Gil had four spares and Eleanor had one spare.

Quote of the Week -- "In youth we run into difficulties ... in old age the difficulties run into us."

Bethel

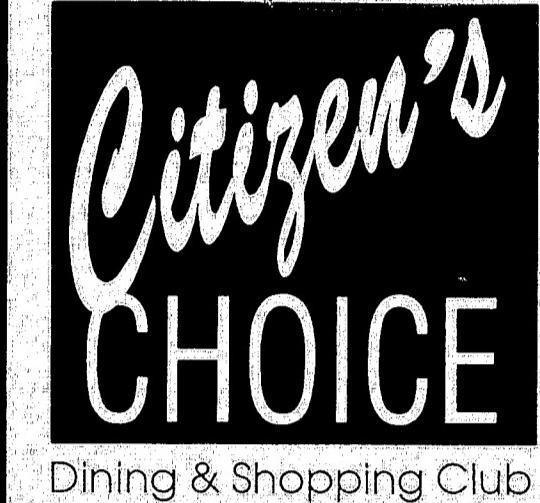
Mrs. Hilda Donahue and Howard were Thanksgiving weekend guests of Mr. and Mrs. William Kicheton of Woburn, Mass.

TOWNS CONTINUED ON PAGE 19

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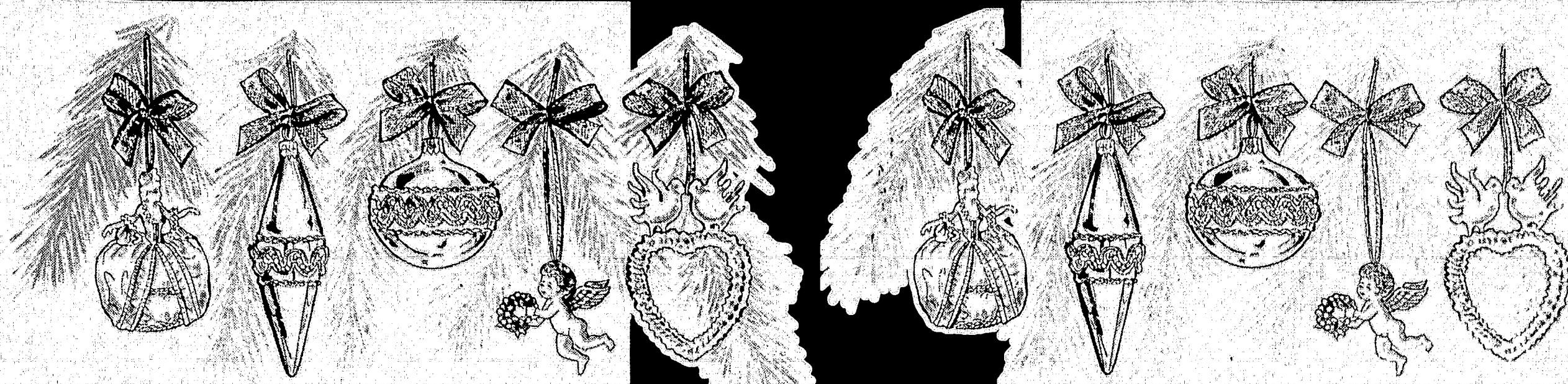
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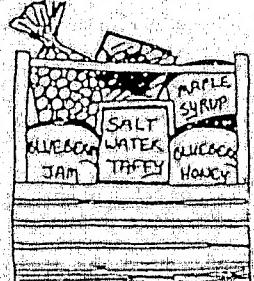


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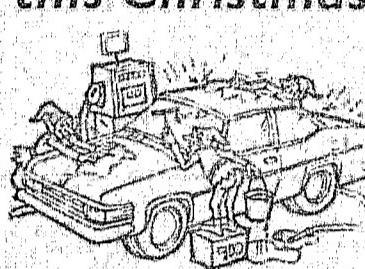
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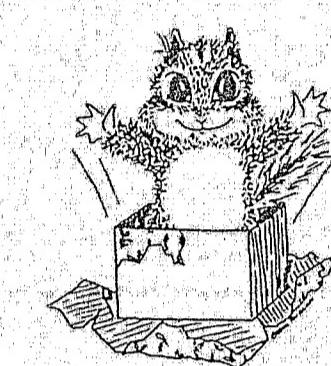
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South Woodstock



by Arline Bernier



by Andrea Wing

John and Avis Arata; and Carla and Shirley Arata of Winthrop visited Ray and Violette Bernier recently.

We played tag with a couple of moose who ran ahead of us on East B Hill Road. With Vi behind the wheel we zipped past them—but only after they had taken to the bushes.

Ladies Aid met last Tuesday evening to discuss Christmas plans. For the program scheduled for Dec. 23, it was decided to ask Sue Nelson and Amy Gieling to take care of the program. Baskets for Children are in Simonne Lavallee's charge and Lucille Largesse is gathering fruit and goodies for the senior citizen boxes. Some members present offered money and goods for the project. Simonne will do decorating and fill baskets at her house Friday evening with volunteer help. It was suggested we consider putting a phone into the building and also consider repairing the roof.

Doug Farrar spent a week at his Backstreet Camp hunting and visiting friends in the area. Ron and Betty Jordan of Lewiston spent some time at camp here.

Twenty-five of the 71 people listed on the voting list, voted at the Upton Town Office. Arline Bernier and Violette Bernier served as ballot clerks.

Bath.

Those having perfect attendance at the Woodstock Elementary School from this area are Alan Hadley, Brandon Hathaway, Joshua Campbell, William Demarest, Randi Mack, Kara Thurlow, Heather Demarest, James Campbell, Jennie Cox and Danny Morgan. Those on the honor roll from WES are Casey Ryerson, Danny Morgan and Darcy Tyler. Congratulations to all for the good attendance and hard work.

Minna Morgan had the usual household of company for the Thanksgiving feast this year. It is always a special time to get together.

Tommy Poland had Thanksgiving dinner with her husband Vernon, who is a patient at Ledgeview Nursing Home. Dennis and Debbie Poland joined her there. Sandra Monzo and Mike Monzo and family, Jamie, Tara, Erica and Ian entertained Tammy Davis and girls, Chea, Bailey and Emma, Tracy Grover and family, Alex, Samantha, Brooke and Ken, also Sherry Poland and Aaron Bean. Dennis and Debbie and family joined the family in the afternoon along with Tommy Poland.

Joe Pete and Laurene Appleby and Danielle called for a visit Saturday night. Joe Pete got a 142-pound doe the last day of hunting. Saturday

morning, Danielle Appleby marched in the Christmas parade in Norway-Paris with the Big Brothers & Big Sisters organization.

I've been trying to do some Christmas shopping, and while doing so this week I had a chat with Ernest Angevine. I always enjoy visiting with him even though I don't see him often.

December birthdays being celebrated this month are: Dick Baker, Cora Gallagher, Charlie Lowe, Donna Danforth, Jeff Kenison, Alex Poland, Eda Waterhouse, Roni Grover, Jr., Hannah Ryerson, Jimmie Mack, Ken Poland, Tara Monzo, Erica Monzo, Ashley Miclon, Jim Mason, Jr., Paul Benson, Pam Benson, Cleo Ryerson, James Dunn, Phil Merrill, Ryan Wing, Arden Andrews and Lillian Herrick. Happy Birthday to all. Those receiving wedding anniversary congratulations are Emery and Cleo Ryerson.

Larry Billings, curator at Woodstock Historical Society, reports that the historical museum gives us a taste of what life was like years ago. The society finds new insights in old things.

Quote of the Week: "I've learned that people are never sneaky in only one area of their life."

North Woodstock



by Sue Silver

Hope everyone had their fill of turkey. Now we can look forward to Christmas.

Rob and Norma Davis had 16 present for their Thanksgiving dinner.

Norma had a visit from her Aunt Adelaide Garrish from Portland and her niece and husband from New Jersey. She also had a visit from Ruth Hebert.

Joelle Silver had Austri Silver as an overnight guest on Saturday night. They went to the movies in Bethel and out for pizza. We enjoyed a visit with Billy and Tammy Silver on Sunday when they came to pick her up.

Louise Chapman, Bridget Billings, Errol and Joe Silver and myself enjoyed the Christmas Parade in Norway on Saturday. It was good but very cold.

Emma Billings enjoyed a visit from Charlotte Cole, Kathleen McAllister and Sylvia Clark on Sunday afternoon. She was entertained with songs and guitar music provided by Charlotte Cole.

Shane Billings, Lori and Dawn Davis and Mandy McGinnis have all returned to their respective schools after their Thanksgiving break.

There was a good turnout at the hymn sing in the community building on Friday night.

East Stoneham



by Eleanor Nelson

Leslie and Gary Dean and family are at home after being away to Seekonk, Mass., over the weekend to attend the wedding of

his niece.

Tuesday night there were 12 members at the Stoncham Volunteer Firemen's meeting. It was reported that about six members have had their hepatitis shots. At this meeting the Booster Club got started, which will continue for 20 weeks, when the final drawings will be made.

Dora Lawrence has gone to Samoa to be with her folks awhile, as her father has just passed away. Our sympathy goes out to her and her family at this time.

Troy Nelson has gone to Massachusetts with members of his class on a work-study program.

Dale, Kitty, Molly and Matthew Nelson went to Cranberry Isle over the past weekend.

Shirley Grant from Mechanic Falls spent a few days with Frances Grant over the Thanksgiving holiday.

Abdul, Sharon, Aisha, Jaffer and Nawal Traish from Massachusetts spent Thanksgiving with her parents, Albert and Eleanor Nelson.

Phyllis Adams is home after being in Mexico with her daughter, Dodie Heath.

Lois Beaudoin fell one day a week or so ago and broke her ankle. What a time to do something like that just before Thanksgiving and Christmas.

The families of Phyllis Adams gathered together on Thanksgiving Day at the North Lovell Grange Hall for a feast and get-together. There were 29 there, and what a nice time they had.

I hope everyone had a nice Thanksgiving. Everyone I know did and were with relatives or friends.

Saturday, the Daughters of Union Veterans of the Civil War Hannah F. Richardson Tent No. 19 sold hot

chocolate and hot coffee and cookies, etc., before and during the Oxford Hills Christmas Parade in South Paris and Norway. Arthur Gouin was kind enough to let them set up in front of his L.F. Pike clothing store in Norway and everything went perfectly. Thanks, Art, and the members of the D.U.V., and it was a wonderful parade for and by the Oxford Hills people. Like the batters ad -- "they kept coming and coming," or is it "they kept going and going." Anyway, it was a good parade and a lot of work was put into it -- the band, the horses, the aerobics, clowns, floats, etc., and everyone young and old got to see Santa Claus. But don't let us forget the real story of Christmas and how it came to be.

East Bethel



by Nancy Mercer

Alder River Grange will hold a regular meeting on Dec. 14 at 7:30 p.m. at the home of Leslie Noyes. This will be a Christmas meeting, all who come please bring a gift for a man or a woman.

Kenneth Mason got a deer just before Thanksgiving while hunting with Billy Sprague. Steve Walker had to help load the button-horn buck into the car. Tony skinned and cut up the deer.

Alice Grant of Cape Elizabeth visited Leslie Noyes from Nov. 22 to Nov. 24.

Marilyn Mollicone of Augusta visited Leslie Noyes from Nov. 22 to Nov. 24.

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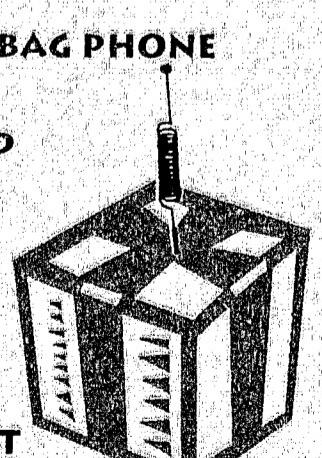
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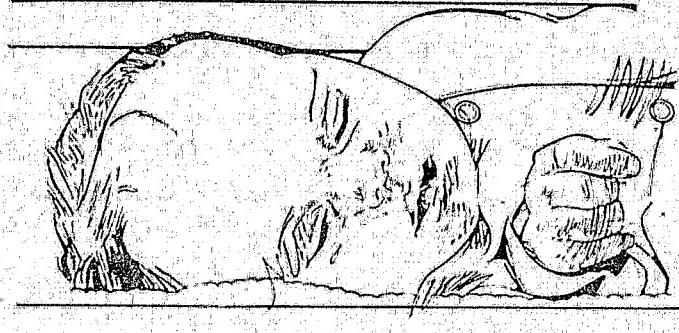
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HEALTHY LIVING

Preventing S.I.D.S.

by: Brian M. Beals, M.D., Pediatrician
Mountain Health Services, Gorham, NH



Sudden Infant Death Syndrome (SIDS), also referred to as "crib death," is the leading cause of death in infants between the ages of one month and one year. It was first described as a clinical entity in the early 1960's, being originally defined as "the sudden death of an infant under one year of age which remains unexplained after a thorough case investigation." It was recognized early on that boys were affected much more often than girls and that peak incidence occurred at two to four months. SIDS is also more common in the fall, winter and early spring than at other times of the year. But why? For the past three decades, clinical interest and research has turned towards looking for an answer to this puzzling question and to finding ways to prevent these tragic and seemingly meaningless deaths.

Early theories about apnea, or "forgetting to breathe," came and went with no convincing evidence behind them. In the late 1980's, people began to consider sleep position when the observation was made that there were fewer SIDS cases in countries where babies sleep on their backs compared to ones, like the U.S., where they are mostly put down on their bellies. Is this simply a cultural phenomenon? The fact that the same results were shown in repeated studies, most strongly in 1991, suggested otherwise. In fact, some countries such as England and Wales have been able to reduce their SIDS rates by up to 50-70% after highly publicized efforts to get parents to put their newborns down on their sides or backs instead of on their bellies. Despite these same recommendations in the U.S., the statistics have not changed significantly. SIDS occurs in just over one of every 1,000 live births for a total of 6,000 deaths per year in this country. Polls of new parents confirm that most babies are still sleeping on their bellies, however, which may explain the apparent failure of the program here versus the success in Europe.

Are we any closer to knowing why SIDS happens? Recent research has focused on the brainstem where the control centers for breathing are located. Vulnerable infants seem to lack specific cells which results in abnormal breathing responses under certain environmental conditions. Normal breathing takes oxygen into the body and eliminates carbon dioxide. If the level of carbon dioxide in the blood rises, breathing gets faster to compensate. The system seems to fail in these infants. Increasing carbon dioxide does not trigger the respiratory drive; instead, they peacefully lapse into a coma and die. Sleeping belly down can theoretically trap pockets of air near an infant's nose and mouth, especially if the bedding is soft. Breathing the same air in and out repeatedly makes oxygen levels fall while carbon dioxide rises, creating the conditions described above. In most babies, that triggers some deep breaths. They turn, wiggle, and so forth and are fine. In SIDS babies, tragically, it does nothing. The subtle brain findings are probably a variant of normal development that resolve with time. Since there is no way to detect it by scans or tests, the infants at highest risk cannot be identified until it is too late. For this reason, otherwise healthy babies should sleep on their backs or sides whenever possible.

Can anything else be done to protect babies? The answer is an emphatic YES and starts before birth with good prenatal care. Premature babies are at increased risk as are babies with low birth weight. Maternal smoking is another risk factor before and after delivery. If a pregnant woman is anemic and smokes, the risk increases further. But being anemic by itself does not appear to influence things. Breastfeeding seems to protect babies although the reasons why are unknown.

State law requires that anyone who dies of apparent SIDS have a full autopsy. It is a sad reflection on today's society, but more babies are killed from child abuse than by natural causes. That notwithstanding, the autopsy also provides an opportunity to rule out rare metabolic disorders that could jeopardize parents' future children and to learn more about SIDS in general until it can be ended once and for all. In fact, the official definition of SIDS was changed in 1989 to include reference to the autopsy, death scene examination, and review of the clinical history.

SIDS is an important, albeit unpleasant, topic because of its devastating impact on families. The U.S. Public Health Service is launching a "Back to Sleep" campaign to promote awareness of sleep position recommendations. Hopefully, it will make a difference soon. Every baby is unique, however, and some still do better on their bellies. If parents have specific concerns about their newborn, they should discuss them with the infant's pediatrician or family physician.

New Progressive Care Program Opens at Stephens Memorial Hospital

Submitted by: Joanna Backman, Community Relations

Stephens Memorial Hospital recently opened the new Short Term Progressive Care Unit for patients who no longer need acute care services, but need more help to assure that they can care for themselves after discharge from the hospital. For example, if you had a total hip replacement, you may, after a period of time in the hospital, progress to the point where your care no longer needs to be monitored as closely - but you still need daily services in rehabilitation. Through the Program, these services are provided by an interdisciplinary team of medical professionals which will include your physician and primary nurse and other appropriate service providers such as a physical therapist, occupational therapist, speech therapist, dietitian, respiratory therapist, etc.

"The Progressive Care Program shifts the focus from taking care of the medical problem to rehabilitation - being able to function well after discharge," states Betty Sirois, Coordinator of the program.

There are numerous benefits of this program. It allows you, as a patient, to have more time to recover and gain strength before going home. Daily therapy is centered on self-care skills and body strengthening, which will increase your independence when you leave. You also

continue to have the hospital's and your doctor's services. Once you are referred by your physician and approved to enter the program, a care plan with specific goals for your discharge are set by the interdisciplinary team with you and your family. You are encouraged to wear your own clothes, eat your meals in the activities room and take part in a variety of daily activities. As you progress, you and all the medical professionals involved in your individualized care will meet weekly to readjust your goals. Stephens Memorial Hospital has recently been State licensed for 10 beds for this program. Two rooms were renovated in order to provide a therapy room and an activity/dining area for the patients participating in the program, along with renovations to a bathroom to create handicapped accessible shower facilities.



Bethel Family Dentistry October Cavity Free Club

Submitted by: Dr. John R. Mason, D.D.S.

Congratulations to all the following children who exhibited excellent homecare. Keep up the good work!



Elizabeth Merrill
Kristen Nicols
Tanya Nicols
Michael Fitzmorris
Erin Murphy
Billy Murphy
Amanda Putnam
Kassi Putnam
Cory Stearns
Erin Stearns
Jenni Whitman
James Whitman
Kayla Fitzmorris
Michaela Cummings
Abbie Cummings

FOOT NOTES

Seniors: Time To Put Your Best Foot Forward

News USA

(NU) - If you are between the ages of 65 and 69, you are more likely to suffer from constant foot pain than Americans from other age groups.

That's the conclusion of "Attitudes Toward Foot Care," a recent survey conducted on behalf of the American Podiatric Medical Association.

The survey found that this age group was treated the most by podiatrists, and the most medication was prescribed for this group. Twenty percent of respondents between the ages of 65 and 69 received prescriptions for foot ailments, half again the percentage for the adult population at large.

Foot pain often is the result of increased activity, but the 65- to 69-year-olds were the least active of all Americans surveyed. The U.S. Na-

tional Center for Health Statistics notes one of the leading causes of activity limitation in older people is impairment of the lower extremities.

The APMA recommends seniors put their best foot forward: Walking is the best exercise for your feet. A shoe with a firm sole and soft upper is best for daily activities. Preventive foot care is essential in maintaining or increasing mobility and activity, increasing comfort, limiting the possibility of additional medical problems, reducing chances of hospitalization because of infection, and lessening requirements for other institutional care.

For more information on aging and foot health, call the APMA at 1-800-FOOTCARE.



Help Your Heart Recipes

This recipe is intended to be part of an overall healthful eating plan. Total fat intake should be less than 30 percent of your total calories for a day — not for each food or recipe.

Orange Sweet Potatoes

4 medium sweet potatoes, unpeeled (about 1 pound)	1 teaspoon cinnamon
1/2 teaspoon grated orange rind	2 dashes angostura bitters (optional)
1/2 cup orange juice	Vegetable oil spray
2 tablespoons firmly packed brown sugar	

Boil potatoes 30 minutes or until tender. Remove skins and discard. Mash pulp, add remaining ingredients and whip until fluffy.

Preheat oven to 350 F. Lightly spray a 1-quart casserole with vegetable oil spray.

Place potato mixture in the prepared casserole. Cover and bake 25 minutes or until thoroughly heated. Serves 6.

Nutrient Analysis per Serving

105 kcal	Calories	0 mg	Cholesterol	0 gm	Saturated Fat
1 gm	Protein	9 mg	Sodium	0 gm	Polyunsaturated Fat
25 gm	Carbohydrate	0 gm	Total Fat	0 gm	Monounsaturated Fat

This Help Your Heart Recipe is from the American Heart Association Cookbook, Fifth Edition American Heart Association. Published by Times Books, a Division of Random House, Inc. 1973, 1975, 1979, 1984, 1991

Choosing a Child Safety Seat

By: The Bethel Area Health Center

When a child begins to ride in a vehicle he or she should be placed in a child safety seat. In Maine, there are laws that require children under the age of 4 to be in safety seats. There are different types of seats that are made to be used as a child grows. Using the right car seat will help prevent injuries if your child is in an accident.

From the time that your child is born until he or she weighs 20 pounds, an infant seat should be used. Infant seats are made to be used facing the rear of the vehicle. A convertible seat in the infant position can also be used for a child from birth until he or she weighs 40 pounds. Convertible seats are often large and heavier but can be used longer as your child grows.

As a child gets older and weighs more than 40 pounds, another seat is needed. The next one that should be used is the booster seat. A booster seat is to be used during the time a child is too big for infant and convertible seats but still is too small for just vehicle safety belts. Once your child grows to be over 60 pounds, he or she is probably ready to use the safety belts alone.

When choosing a safety seat it is important to choose one that is certified to meet Federal Safety Standards. Safety seats can be found at department stores, auto dealerships and some health centers. The Bethel Area Health Center does participate in the Child Safety Seat Loan Program. This program loans child safety seats at very little cost. For more information about car safety seats please contact the Bethel Area Health Center at 824-2193.

HEALTH CARE PROVIDERS

Aerobic Exercise

at The Bethel Area Health Center
Railroad Street, Bethel
Call Lee at 824-4631 for information

Energy/Bodyworkers

Polarity Energy Therapy
Emily Ecker, LSW, CPP
Main St., Bethel • 824-3889
Bryant Pond • 665-2577

Counseling

Self Directions
Dan Hart, LPC
15 Chapman St., Bethel • 824-3217

Dentistry

Dr. John R. Mason, DDS
Maurice J. Convey, DMD
N.W. Bethel Rd, Bethel • 824-3378

Health Centers

Bethel Area Health Center
Railroad St., Bethel
824-2193 or 1-800-287-2292

Health Clubs

Bethel Inn & Country Club
On the Common, Bethel
824-2175

The Fitness Center

Rumford Community Hospital

420 Franklin Street, Rumford

364-4581 • OPEN Mon-Sat

The Fitness Place

17 Olson Road, Off Rt. 26

South Paris • 743-9242

Health Food/ Nutrition

The Good Food Store
212 Mayville Rd, Bethel • 824-3754

Hearing Specialists

Beltone Hearing Center of Maine

108 Main Street, Norway

743-8747

Sparkes Hearing Services

23 Front Street, Farmington

1-800-778-9545

Hospitals

Androscoggin Valley Hospital
59 Page Hill Road
Berlin, NH 03570, (603) 752-2200

Rumford Community Hospital

420 Franklin Street, Rumford

364-4581

Stephens Memorial Hospital

80 Main Street, Norway

743-5933

Massage Therapists

Malloosie Mountain Massage

Rt. 26, Bethel • 824-7600

Therapeutic Massage

Janet Willie, N.C.M.T.

Main St., Bethel • 824-3889

Optometrist

Dr. Lennie Shaw, O.D.
Lower Main Street, Bethel
824-2227

Pharmacy

Preb's Marketplace Pharmacy
Specializing in your good health

14 Main St., Bethel • 824-2280

Physicians

Mountain Health Services

& Primary Care Physicians

2 Broadway, Gorham • (603) 466-2741

59 Page Hill Rd, Berlin • (603) 752-2900

Swift River Health Care

191 Lincoln Ave., Rumford

369-0146

THURSDAY EVENING DECEMBER 7, 1995

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Seinfeld	Cheers	Movie: "A Very Brady Christmas"				News	M*A*S*H	Cheers	H. Patrol
(5)	Waltons		Highway to Heaven		Rescue 911		700 Club		Shade	Shade
6	Color	Seinfeld	Friends	Single Guy	Seinfeld	Caroline	ER		News	
8	Fortune	Jeopardy!	Billy Graham Crusade		Movie: "Spenser: Pale Kings and Princes"				News	
10	News-Lehrer		High on Maine		Mystery!			Jazz West	Served	Red Green
(11)	Sportscir.	College Basketball: Georgia at North Carolina				College Football Awards				Sportscir.
(12)	Club Dance	News	Tammy Wynette	Friends	Music City Tonight			Club Dance	News	
13	Ent. Tonight	Edition	Murder, She Wrote		New York News		48 Hours		News	
(14)	Celtics	College Basketball: West Virginia at Connecticut				WTA Tour	Motorsports Hour		Italian Soccer Highlights	
(15)	Off-Running	The Nightmare Before Christmas			Movie: "The Man With a Gun"		Comedy	Inside the NFL		
(17)	MMC	Hollywood	Movie: "Dark Horse"				Heart: The Road Home		1001 Nights	
(18)	"Enemy Mine" Cont'd.		Movie: "Improper Conduct"			Movie: "Play Nice"			Movie: "Dominion"	
(20)	Front Row	Cycle World	Motorsports Hour			Powerboats	Powerboat Racing		Powerboat Racing	
(21)	Commish		Unsolved Mysteries		Movie: "Season of Change"					Unsolved Mysteries
(22)	Videos	V-Jacs	Movie: "Moonraker"							"From Russia With Love"
(24)	Doug	Cressida	Munsters	Jeannie	I Love Lucy	Bewitched	M.T. Moore	Taxi	Kolter	Van Dyke
(25)	"Maj. de" (Ann Midgette)		Movie: "Soldier of Fortune"			Movie: "Call of the Wild"			'Soldier of Fortune'	
(26)	Wings	Wings	Movie: "Fried Green Tomatoes"						Wings	Wings
(27)	Hm. Again	Hm. Again	Biography		Kiri's Coventry Carols			Christmas	Law & Order	
(32)	Streets of San Francisco		Billy Graham Crusade	McD Squad		News			Barnaby Jones	
(34)	Fam. Mat.	Newhart	The Adventures of Captain Zoom in Outer Space"				News		Night Court	Simon
(39)	Moneyline	Crossfire	Prime News	Politics	Larry King Live			World News	Sports	Moneyline

SUNDAY EVENING DECEMBER 10, 1995

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Star Trek: Voyager	Babylon 5		Kung Fu: Legend Cont.		News	H. Patrol	Hercules-Jrnys.		
(5)	Yours, Mine	Movie: "The Christmas Wife"			Holiday Greetings From the Ed Sullivan Show		In Touch			
(6)	Brotherly	MinorAdj	Mad-You	HopeGlori	Movie: "The Distinguished Gentleman"		News	Outer Limits		
(8)	Fire!-You Need		Lois & Clark-Superman		Movie: "Never Say Never: The Deidre Hall Story"					
(10)	Maine: America's Coast	Viewer's Choice					Viewer's Choice			
(11)	NFL Primetime	NFL Football: Green Bay Packers at Tampa Bay Buccaneers					NFL Sportscenter			
(12)	Racing	RaceDay	Championship Rodeo	Fishin'	Fishing	Sportsman	Outdoors	Road Test	Truckin'	
(13)	60 Minutes	Cybill	Almost	Movie: "Journey"				News		
(14)	NBA Basketball: Atlanta Hawks at Boston Celtics			Court	Horse R	Thor/bred	College Bowl Preview			
(15)	"Mrs. Doubtfire" Cont'd	Michael Jackson -- One Night Only			Movie: "Interview With the Vampire"					
(17)	Movie: "The Three Musketeers"		Roger Daltrey: The Music of the Who		Movie: "Angel in My Pocket"					
(18)	Movie: "Freaked" Cont'd	Movie: "Final Round"		Movie: "Hard to Kill"		Movie: "Chasers"				
(20)	Billiards	College Soccer: NCAA Division I Championship -- Teams TBA		Olympic Odyssey						
(21)	Movie: "Ebbie" Cont'd	Everybody's Baby: The Rescue of Jessica McClure		Commish		Barbara Walters				
(22)	Movie: "The Spy Who Loved Me"		National Geographic Explorer			Paid Prog				
(24)	My Brother R'house	Nick News	Munsters	I Love Lucy	M T Moore	Taxi	Newhart	Van Dyke	Kotter	
(25)	"When Worlds Collide"	Movie: "Three Days of the Condor"		Movie: "The Great Gatsby"						
(26)	Where's the Money	Murder, She Wrote	Renegade		Silk Stalkings		Silk Stalkings			
(27)	Ancient Mysteries	Monarchy					Best of Comic Relief			
(32)	Streets of San Francisco	That Girl	That Girl	GOP TV: Rising Tide	News	Matters	Magnum, P.I.			
(34)	PinkyBrain	Kirk	Sister, Sis.	Cleghornie!	First Time	Simon	News	Night Court	Waikiki	
(39)	Capital	Crossfire	Prime News	Sport Sun	CNN Presents	World News		Sports	NBA Wk	

FRIDAY EVENING DECEMBER 8, 1995

7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
(3)	SportsNet	NHL Hockey	Boston Bruins at Tampa Bay Lightning			News	Cheers	H. Patrol		
(5)	Watkins	Highway to Heaven	Rescue 311		700 Club		Shade	Shade		
(6)	Home Box	Santoro	Unsolved Mysteries	Dateline		Homicide: Life		News		
(8)	Fortune	Jeopardy!	Fam. Mat.	Peter and the Wolf	Mr. Cooper	20/20		News		
(10)	News Letter		Wash. Wk.	Wall St.	Keeping Up Appearances		Keeping Up Appearances	Red Green		
(11)	SportsNet	Heisman	Up Close Special	Boxing: Greg Everett vs. James Toney				Sportscenter		
(12)	Club Dance	News	Championship Rodeo	Music City Tonight		Club Dance		News		
(13)	Ent. Tonight: Edition		Due South	Diagnosis Murder	Picket Fences		News			
(14)	Hockey	College Hockey	Lake Superior State at Michigan			Horse R.	Thoroughbred	Hockey Wk.		
(15)	In & Out: The NFL		Movie: "Internal Affairs"		Movie: "Relentless IV: Ashes to Ashes"					
(17)	Movie: Parent Trap II		Movie: "Twins"			Imagine		Bon Voyage		
(18)	Next K-9: Cineplex		Movie: "I Like It Like That"		Movie: "Beverly Hills Cop III"					
(20)	Front Row	College Soccer: NCAA Div. I Semifinal		College Soccer: NCAA Div. I Tournament Semifinal - Teams TBA						
(21)	Comedy		Movie: "Ebbie"		Movie: "Home for Christmas"					
(22)	Videos	Videos	Movie: "The Long Daylights"				Man With Golden Gun			
(24)	Dad	Clarissa	Munsters	Jeanne	I Love Lucy	Bewitched	IM T. Moore	Taxi	Kotter	Van Dyke
(25)	I Remember Mama		Movie: "Anastasia"			Movie: "For Whom the Bell Tolls"				
(26)	Wings	Wings	Murder She Wrote	Movie: "Scrooged"				Duckman	Paperboy	
(27)	Hm Again	Hm Again	Biography	Investigative Reports	Ancient: Mysteries		Law & Order			
(32)	Streets of San Francisco	That Girl	That Girl	Mod Squad		News	Barnaby Jones			
(34)	Fam. Mat.	Newhart	Heracles-Johns	Xena: Warrior Princess		News	Night Court	Simon		
(39)	Moneyline	Crossfire	Prime News	Politics	Larry King Live	World News	Sports	Moneyline		

MONDAY EVENING DECEMBER 11 1995

MONDAY EVENING DECEMBER 11, 1995										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Seinfeld	Cheers	Star Trek: Voyager		Cop Files	Trial-Jury	News	M*A*S*H	Cheers	H. Patriot
(5)	Waltons		Highway to Heaven		Rescue 911		70's Club		Shade	Shade
6	Home Imp	Seinfeld	Fresh Pr.	In House	Movie: Mixed Blessings				News	
8	Fortune	Jeanrdy!	Jude Children		NFL Football: Kansas City Chiefs at Miami Dolphins					
10	News-Letter		Lamb Chop's Chanukah		American Experience	Jazz at Newport		Served	Red Green	
(11)	Sportsctr	NFL Prime Monday			World Cup Skiing	Reno Air Show		Bloopers	Sportsctr	
(12)	Club Dance	News	Sam's Place Christmas		Music City Tonight		Club Dance		News	
13	Ent Tonight	Edton	Nanny	Almost	Murphy B. Society	Chicago Hope		News		
(14)	Tonite	NBA Action	Sportswriters on TV		Women's College Volleyball: NCAA Div. I Reg. Final	Brix: 2 Fly 3 Night				
(15)	"Clash of the Titans"		Movie: "True Lies"				Taxi: Confessions 2			
(17)	Tclikesons	Ocean Girl	Avorded		Movie: "A Raisin in the Sun"				NewMex	
(18)	Movie: "P.C.U." Cont'd		Movie: "Little Giants"			Movie: "Another 48 HRS"				
(20)	Front Row	PGA Today		Baseball: Arizona Fall League Playoffs				Citybeat		
(21)	Commish		Unsolved Mysteries		Movie: "Wife, Mother, Murderer"			Unsolved Mysteries		
(22)	Videos	Videos	Movie: "Live and Let Die"				Movie: "The Living Daylights"			
(24)	Rocko	RenStimpy	Munsters	Jeanne	I Love Lucy: Bewitched	M.T. Moore: Taxi	Kotter	Van Dyke		
(25)	I Was a Male War Bride		Movie: "Satan Never Sleeps"			Movie: "Salad 17"				
(26)	Wings	Wings	Murder She Wrote		WWF Monday Raw	From Our Knight	Wings	Wings		
(27)	Hm. Again	Hm. Again	Biography		Point	Mrs. Marple		Law & Order		
(32)	Streets of San Francisco	That Girl	That Girl		Mod Squad	News		Barnaby Jones		
(34)	Fam. Mat	Newhart	Movie: "It Nearly Wasn't Christmas"			Night Court	News	Night Court	Simon	
(39)	Moneyline	Crescendo	Prime News: Politics		Larry King Live	World News		Storms	Moneyline	

SATURDAY EVENING DECEMBER 9, 1995

(3)	Sports	NBA Basketball: Boston Celtics at Philadelphia 76ers		News	Movie: Popeye					
(5)	Comedy	Twas Night Drummer	Kenny & Dolly	Christmas	Branson C'mas		Soldier in the Rain			
(6)	Horror	Scary	JAG	Larroquette	Home Court	Sisters		News	Sat. Night	
(8)	Film	Star Trek IV	Movie: "Hock"					News	Tales Crypt	
(10)	Party City	Winter Christmas		Christmas Tradition			Kenny Loggins From the Redwoods			
(11)	Sportscenter	Hesman Trophy	College Basketball	Georgia Tech at Kentucky		NFL	Sportscenter			
(12)	Country	Opry	Grand Opry	Stalier Bros	At the Ryman		Opry	Grand Opry		
(13)	Star Trek: Deep Space 9	Medicine Woman		Touched by an Angel	Walker, Texas Ranger		News			
(14)	Scoreboard	NHL Hockey: Hartford Whalers at Pittsburgh Penguins				College Basketball				
(15)	Gremmings Two	Movie: "Richie Rich"		Movie: "The Client"						
(17)	Seamless Street Presents		Better	Movie: "D2: The Mighty Ducks"			Travis Tritt: Going Home			
(18)	Major League II	Cont'd	Movie: "No Escape"		Movie: "Pentathlon"					
(20)	Sports	NHL Hockey: Boston Bruins at Florida Panthers				College Bowl Preview	Hockey			
(21)	I Know My Son Is Alive	Movie: "Delirious"			Intimate Portrait		"Imagine: John Lennon"			
(22)	WCW Saturday Night	Movie: "Diamonds Are Forever"			Movie: "Goldfinger"					
(24)	Monsters	Rugrats	Alex Mack	All That	Ren & Stimpy	You Afraid	I Love Lucy	Lucy Show	Lucy and Desi	
(25)	Stars and Stripes Forever	Movie: "Warlock"				Movie: "Once Upon a Time in the West"				
(26)	Weird Sci.	Weird Sci.	Movie: "The Naked Gun"			Wings	Duckman	Movie: "Savage Beach"		
(27)	Ancient Mysteries	Biography This Week		Movie: "Eight Men Out"					Caroline's	
(32)	America Again	That Girl	That Girl	Mod Squad		News	Paid Prog	Barnaby Jones		
(34)	Farm Mat	Riches	Ski-Alaska	Bulls Eye	NBA Basketball: Chicago Bulls at Milwaukee Bucks				News	
(39)	Capital	Politics	Prime News	Sports Sat.	Larry King Weekend	World News		Sports Tonight		

TUESDAY EVENING DECEMBER 12, 1995

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	NBA Basketball: Boston Celtics at Toronto Raptors				H. Fahey	News	MASH	Cheers	H. Fahey	
(5)	Walltons		Highway to Heaven		Rescue 911		73rd Cbs		Shade	Shade
6	Home Imp.	Seinfeld	Wings	Newstadio	Frasier	Lamouette	Dateline		News	
8	Fortune	Jeopardy!	Roseanne	Hudson St	Home Imp.	Coach	NYPD Blue		News	
10	News-Lehrer		Nova		Frontline		Great Performers	Sixties	Red Green	
(11)	College Basketball: Connecticut at Florida State				NHL Hockey: Detroit Red Wings at St. Louis Blues					
(12)	Club Dance	News	Christmas in Dixie		Music City Tonight		Vicky Dan		News	
13	Ent. Tonight	Edition	Martha Stewart's Home		Movie: "A Holiday to Remember"				News	
(14)	Tonite		Women's College Volleyball: NCAA Div. I Reg. Final		College Bowl Preview		Skiing		PGA Today	
(15)	Joe Versus the Volcano		Movie: "Richie Rich"		Rebels With a Cause: American Fl.		The Man With a Gun			
(17)	Life of Santa Claus	Mole's	Inside Out	America 1940		Loretta and Crystal		Ames Thawer Award		
(18)	"Turk 182" Cont'd		Movie: "Powder Burn"		Movie: "The Spy Within"			Movie: "The Killing Box"		
20	Front Row	Skiing	Boxing: Fight Night at the Great Western Forum		Tennis: Grand Slam Cup		Finals			
21	Commish		Unsolved Mysteries		Movie: "She Woke Up"			Unsolved Mysteries		
22	Videos	Videos	Movie: "You Only Live Twice"				Movie: "Diamonds Are Forever"			
24	Doug	Clarissa	Munsters	Jeanne	I Love Lucy	Bewitched	M.T. Moore	Taxi	Kutter	Van Dyke
25	"My Darling Clementine"		Movie: "How to Steal a Million"				Movie: "Funny Face"			
26	Wings	Wings	Murder, She Wrote		Boxing				Wings	Wings
27	Hm. Again	Hm. Again	Biography		Touch of Frost				Law & Order	
32	Streets of San Francisco	That Girl	That Girl		Mod Squad		News		Barnaby Jones	
34	Fam. Mat.	Newhart	Movie: "Miracle on 34th Street"				News		Night Court	Simon
39	Moneyline	Crossfire	Prime News	Politics	Larry King Live		World News		Sports	Moneyline

BETHEL CITIZEN TV LISTINGS

- | | | | |
|----|-----------------------------|--------------------|-------------------|
| 2 | C-SPAN | 21 | Lifetime |
| 3 | WSBK-TV 38, Boston | 22 | WTBS, Atlanta |
| 4 | Channel 4, Beihel | 23 | CNBC |
| 5 | The Family Channel | 24 | Nickelodeon |
| 6 | WCSH, NBC Portland | 25 | American Movie |
| 7 | Sunday River Ski TV | 26 | USA Network |
| 8 | WMTW, ABC, Auburn | 27 | Arts & Entertain |
| 9 | WPXT, FOX, Portland | 28 | QVC Home Sho |
| 10 | WCBB, PBS, Lewiston | 30 | Inspirational Ne |
| 11 | ESPN | 32 | WWOR, New Y |
| 12 | The Nashville Network (TNN) | 33 | CNN Headline N |
| 13 | WGME, CBS, Portland | 34 | WGN, Chicago |
| 14 | Sports Channel N. E. (SCNE) | 35 | Video Hits - 1 (V |
| 15 | HBO* | 36 | Country Music T |
| 16 | The Learning Channel | 37 | Discovery Chan |
| 17 | The Disney Channel* | 38 | MTV Music Tele |
| 18 | Cinemax* | 39 | Cable News Ne |
| 19 | The Weather Channel | * Premium Channels | |
| 20 | NESN* | | |

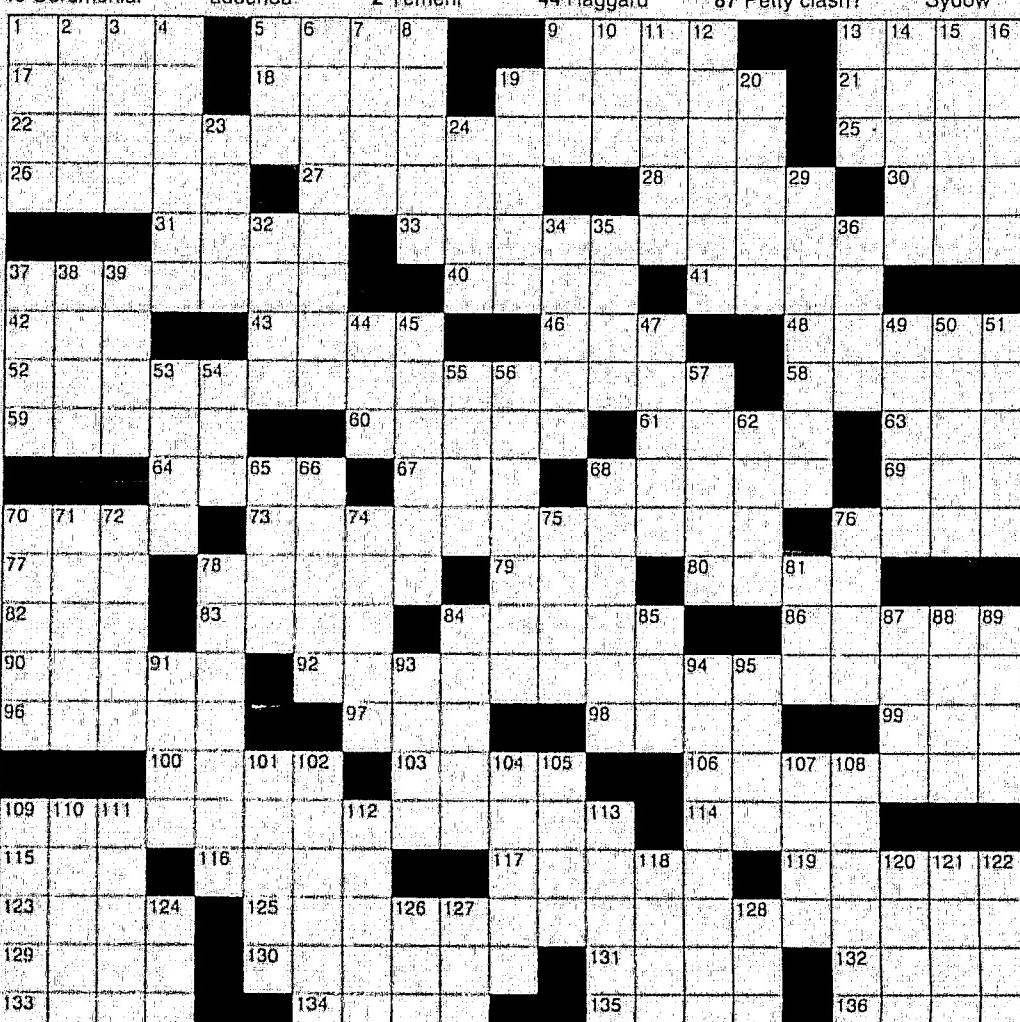
WEDNESDAY EVENING DECEMBER 13, 1995

WEDNESDAY EVENING DECEMBER 13, 1995										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Seinfeld	NHL Hockey: Boston Bruins at New York Rangers				News	Cheers	H Patrol		
(5)	Pinocchio's Christmas		Highway to Heaven		Rescue 911		700 Club	Shade	Shade	
6	Home Imp.	Seinfeld	Sequest 2032		Garth Brooks: Robin'		Christmas in Washington	News		
8	Fortune	Jeopardy!	Ellen	Drew Carey	Grace	Truth	Primetime Live	News		
10	News-Lehrer		Great Performances			Great Performances		Served	Red Green	
(11)	Sportsctr.	College Basketball: Minnesota at Cincinnati			College Basketball: Temple vs. Villanova			Sportsctr.		
(12)	Club Dance	News	Riders Radio Theater	Music City Tonight		Club Dance		News		
13	Ent. Tonight	Edition	Bless This	Dave's	Stars in the Making		People Yearbook	News		
14	Game Time	NBA Basketball: Philadelphia 76ers at Boston Celtics				Court	Game	Ali vs. Norton II		
15	Clear-Danger		Movie: "On Deadly Ground"			Dream On	Sanders	Crypt Tales	Interview	
17	Santa Claus		Anne of Avonlea		Anne of Avonlea		Legends of Comedy		Zorro	
18	Phila. Exp. 2		Movie: "Hotel Sorrento"		Movie: "Stalked"			Point-No		
20	Front Row	College Bowl Preview	Equestrian: Nations' Cup				Volleyball			
21	Commish		Unsolved Mysteries		Movie: "An Inconvenient Woman"		Unsolved Mysteries			
22	Funniest Home Videos		NBA Basketball: Orlando Magic at Chicago Bulls				Movie: "Thunderball"			
24	Jug Band C'mas		Munsters	Jeannie	I Love Lucy	Bewitched	M.T. Moore	Taxi	Kotter	Van Dyke
25	Biscuit Eat	Judge A.	Movie: "What Price Glory?"				Movie: "Come Fill the Cup"			
26	Chipmunk	Christmas	Movie: "Star Wars"				Weird Sci.	Wings	Wings	
27	Hm. Again	Hm. Again	Biography		American Justice		20th Century	Law & Order		
32	Streets of San Francisco		That Girl	That Girl	Mod Squad		News	Barnaby Jones		
34	Fam. Mat.	Newhart	Sister, Sis.	Pinky Brain	Wayans	Unhappily	News	Night Court	Simon	

11:30
Outer Limits
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ACROSS

1 Domino or Waller
5 Eban of Israel
9 Discourage affection?
13 Part of a portal
17 Nolian
18 "Disco Duck"
singer Rick
19 Houston athletes
21 Petrograd potental
22 BEAVER
25 Yellowwin, for one
26 Architect Jones
27 Yonder
28 "You — heard nothin' yet!"
30 Trigger-happy guy?
31 Palindrome part CAT
33 CAT
37 Reflexive pronoun
40 Funny yellow 41 — Krishna
42 Tablat
43 Speech problem
46 Pitch in 48 Ceremonial
supper
58 Carve a canyon
59 Cold-war assn.
60 Horatian form
61 Records victory at sea?
63 Peculiar egg plant?
64 Photo session
66 Peeples of "Famo"
70 Canlata composer
73 BUFFALO
76 Tun throwaways
77 Unlocked serve
78 Fred Astaire's birthplace
79 Sundial numeral
82 Sea plea
83 Dynamic beginning
84 Like a draw cultist
86 Jamaican
90 Use a harrier
92 MULE
96 Join up
97 Letter addenda:
abrv.
98 Aria, e.g.
99 Dug in
100 Louis
103 Shocking swimmers
106 Electra's brother
109 COW
116 Pianist Peter
117 Round the podium
119 Homeric work
123 Sharp taste
125 SEAL
129 Blue hue
130 "Remington" —
131 Muse with a scroll
132 Writer Whister
133 Shopping memorandum
134 Artin of "Chicago Hope"
135 Cavalry characteristic
136 Like some buildup
DOWN
1 Pacific archipelago
2 Yemeni
sea port
99 Dug in
40 Noncoms
5 US rank
6 Rapturous
7 Playwright
8 Grate stuff
9 Draft org.
10 Envelope
11 Bellowing
12 Refine
13 Hwy.
14 Blue Hwy.
15 "—Lescaul"
16 Acts like an ass?
17 Site for a light
18 Remington
19 Site for a light
20 Actress Berger
21 Knight time?
24 Actor Stoltz
29 Most concise
32 "Vogue" competition
34 "—Under Fire"
35 Emulate Perry White
36 Swerve
37 Artistic output
38 Spine start
39 Snorr's stories
44 Haggard
heroine
45 Tropical Ireal
47 Shah Jahan's city
48 "Lorna —"
50 Haskell or Munster
51 — a beet
53 Yen
54 Actress Stark
55 Printing process
56 Affectionate
57 Searches for truffles
58 Descendants
59 "Iris round's" 60 Yellowish
61 Minnie of "Hee Haw"
62 Spanish elcher
63 "Iris round's" 64 Deadly
65 "Iris round's" 66 Minnie of "Hee Haw"
67 Basra
68 Nobelist
69 Pauling
70 Sewing Instruction
71 It gets squirmed away
72 Composer Franck
73 Crane's cry
74 Fuzzy fruit
75 Arrive at a conclusion?
76 Illinois city
77 Part of TGIF
78 Big name at Indy
79 Dinh Dien
80 Petty clash?



FAMILY ACTIVITIES IN THE BETHEL AREA
are the subject of a booklet compiled by members of the Bethel Rotary Club. Activities consisting of day trips, walking and hiking, Bethel Village walking tours, museums, mines, and water and winter activities are among those listed. Most involve little or no cost. The cover was designed by Telstar Middle School student Per Sandstrom. Here, Crescent Park Elementary student Jessica James holds the booklet, with her sister Whitney standing next to her. Adults are, from left, Rotarian Barb Testani, Tammy James (girl's mother), and Rotarian Nina Reich. (Photo by Alison Aloisio)



MAINE MUSIC SOCIETY

The Mahoosuc Arts Council has invited the community to a performance of Handel's "Messiah" on Sunday, Dec. 10, at 4 p.m. at the West Parish Congregational Church on Church Street, Bethel.

Handel's "Messiah," a Christmas favorite, is an oratorio written in three parts and includes the rousing Hallelujah Chorus. This community sing has been brought back by popular request. The chorus will be under the direction of Jonathan Smith and will be accompanied by Elizabeth Smith.

Members of the community are welcome to participate by enjoying the performance as audience members or by singing in the chorus. Optional rehearsals for the chorus are from 1:30 to 3:30 p.m. on Dec. 10 at the church. Please bring a chorus book if you own one. Donations for the Messiah Sing will be accepted at the door.

TRAIL CLOSES

The Lion Head Winter trail on the White Mountain National Forest is permanently closed to hikers traveling to the summit of Mt. Washington, effective immediately. According to the local U.S. Forest Service office, the trail is unsafe to hike this winter because the recent heavy rains washed out more than 80 feet of the trail, creating a new avalanche path across the trail.

The Lion Head trail consists of two trail sections: a summer section and a winter section. The one-third-mile-long Lion Head Winter trail is located on the eastern flank of Mt. Washington about 150 yards from the Tuckerman Ravine Trail via the Lion Head Summer trail. The Lion Head Summer trail begins about 2.3 miles from Pinkham Notch on N.H. Rte. 16.

First Wednesday: Purity Chapter 102, OES, 6:30 supper, 7:30 meeting. Greenwood Historical Society meets at the Society Building, Main St., Locke Mills, 7:30 p.m.

Gilead selectmen meet at the Town Office, 7 p.m.

Bethel Area Arachnes Spinning Group, 10 a.m. to 3 p.m., West Parish Congregational Church, Potluck luncheon.

First and Third Wednesday: Newry Planning Board, Town Office, 7 p.m.

Third Wednesday: Bethel Area Arachnes Spinning Group, West Parish Congregational Church, 7 to 9 p.m.

Second and Fourth Wednesday: Bethel Planning Board meets at the Town Office, 7 p.m.

Fourth Wednesday: Daughters of Union Veterans of the Civil War, H.P. Richardson Tent #19, East Stoneham, K of P Hall, 7 p.m. For more info, call 665-2460.

The

Gilead Fire Department meets at the Fire Station at 7 p.m.

Every Monday: Mahoosuc Music Makers rehearsal, 7-9 p.m., West Parish Congregational Church.

First Tuesday: Three Rivers Sportsman Club, Hanover K of P Hall, 6:30 p.m., potluck supper followed by a meeting.

First and Third Tuesday: Woodstock Board of Selectmen meets at the Town Office, 5 p.m.

The Greater Rumford Alliance for the Mentally Ill Children and Adolescent Network (GRAMI-CAN) Support, education and advocacy. Meets in the former St. John's rectory from 6:30-8 p.m. in Rumford. Contact Diane at 369-0342.

The

Bethel Lions Club meets at the Lions Den on Main Street at 7 p.m.

Second Tuesday: Mundi-Alan Post, American Legion, meeting at 7:30 p.m. Supper starts at 6:30 p.m.

Second and Fourth Tuesday:

Woodstock Planning Board meets at 7 p.m.

Third Tuesday: Pine Tree Legal Assistance at Bethel Area Health Center, starting at 10 a.m.

Bethel Lions Club meets at the Bethel Lions Den, Main St., Social hour 6:30-7 p.m. Dinner at 7 p.m. followed by meeting.

The

Telstar High School Project Graduation committee meeting, 6 to 8 p.m., room 106 at Telstar.

Every Tuesday:

Bethel Rotary Club meets at the Bethel Inn, 7:30 a.m.

Greenwood Board of Selectmen meets at the Town Office, 7 p.m.

Andover Board of Selectmen meets at the Town office, 6 p.m.

Newry Board of Selectmen meets at the Town Office, 9 a.m.

Cross-Country Quilters meet at the Bethel Library from 8:30 to 10:30 a.m.

Second Saturday: Woodstock Historical Society meets at 7 p.m. in historical society museum. Open to public.

Community Calendar

ACTIVITIES

BASKETBALL PASSES: The Telstar Athletic Boosters will be selling passes for the 1995-96 basketball season. These passes, on sale until Dec. 22, entitle holders to attend all the boys' and girls' home games beginning Dec. 11. Student passes are \$10; adults, \$20; family, \$30 and are sold through the Booster Club. For information contact Sarah Craig at 824-2777. Tickets can be picked up and paid for at the door.

Thursday, Dec. 7—Woodstock-Greenwood Seniors Citizens meeting -- election of officers and Christmas party at Locke Mills Legion Hall, Gore Road, with dinner put on by Jackson-Silver Auxiliary.

Public Forum, 7 p.m., at Telstar High School Library for discussion of results of the Regional Partnership's 1995 Community Drug and Alcohol Survey of June 1995. Hosted by the staff and community volunteers of the Regional Partnership and the Western Regional Council on Alcoholism.

Andover Elementary School Christmas Fair, 6 to 8 p.m. at the school. Crafts, food, raffle tickets, balloons, logos and Santa.

Northern Oxford County Council on Transition (NOCCOT) meeting from 3 to 5 p.m. at NOVA Adult Learning Center, Congress Street, Rumford. For information call Jennifer Stevens at 364-8764.

"**Christmas with the Masons,**" at the Dr. Moses Mason House 6:30 p.m. with Christmas music provided by Gould Academy students and a concert by Mahoosuc Music Makers.

Friday, Dec. 8, 8 p.m.—U of M Maine Center for the Arts, Orono, will feature The Canadian Brass Holiday Show (\$20 per person). Call 1-800-622-8499 Mon.-Fri. 9 a.m. to 4 p.m. for reservations or information.

Saturday, Dec. 9, 4 to 5 p.m.—Cookie Decorating Party at Newry Town Office. Tree lighting ceremony and Christmas carols will follow. Potluck supper immediately following at 5:30 p.m. Santa Claus will be there.

Exchanges

District Exchange—Open every Monday 1-4 p.m., Tuesday, 4-6 p.m., Thursday, 4-6 p.m. at the first Saturday of each month from 10 a.m. to 1 p.m. at the Ethel Bissell School, Bethel. Clothing on sale, food available for those in need.

Community Service Center—Supplies available for emergencies and disaster relief at Thurlow Hall.

Safer Families

Safer Families of Oxford County sponsors free and confidential domestic violence services and support groups for presently or formerly abused women. Meetings are held in Bethel at 6:30 p.m. on Thursdays, in Rumford on Tuesdays at 9 a.m. and in Soull Paris at 9:30 p.m. on Tuesdays. The Safer Families toll-free 24-hour help and crisis hotline is 1-800-520-4220. Safer Families also provides legal advocacy, for example, help with protection orders. For more information call 824-4222 or 1-800-520-4220 (24-hours a day).

Library Hours

Andover Library: Tuesday, Wednesday, Thursday and Saturday, 1-4:30 p.m.; Thursday, 6 to 8 p.m. Tel. 392-4841.

Bethel Library: Monday, 9 a.m.-1 p.m.; Tuesday, 1-5 p.m.; Wednesday, 1-5 p.m.; Friday, 4-8 p.m.; Saturday, 1-5 p.m. Story Hour for preschoolers, Thursday, 10-11 a.m. (September through May). Betsy Raymond, Librarian.

Hamilton Memorial Library, Bryant Pond; Tel. 665-2505. Library hours: Tuesday and Thursday, 10 a.m. - 8 p.m. Saturday, 10 a.m. to 4 p.m.

Hamlin Memorial Library, Bryant Pond; Tel. 665-2505. Library hours: Tuesday and Thursday, 10 a.m. - 8 p.m. Saturday, 10 a.m. to 4 p.m.

West Parish Library, West Parish, Monday 3-5 p.m.; Wednesday, 1:30-7 p.m.; Friday, 1:30-5 p.m.

Gardner Roberts Memorial Library, Hanover; Wednesday, 10-12 through July and August, Story Hour, 10-30 a.m.

Upton Public Library: First and third Thursday of each month, 6:30-8 p.m.

Reach

Rape Ed. and Crisis Hotline 1-800-622-2365. Sexual abuse helpline, 743-9777. Past or present victims of abuse.

Veterans' Services (State/VA Benefits)

Norway Armory (743-7852), first and third Wednesday each month, 9 to 12 a.m.; Rumford Employ. Sec. Bldg. (364-3718), second and fourth Thursday, 9 to 12 a.m.; Lewiston (795-4590), 200 Main St., 7:30 a.m. to 4 p.m., Monday thru Friday.

Church Services

Bethel

West Parish Congregational-Church, Rev. Brendon Bass and Rev. Jean Bass.

Monthly Meetings

Every Sunday: Western Mountains Meditation Group, Center for Natural Healing, 47 Pioner Street, West Paris, 9:30 a.m. 674-3961.

First Monday: Newry Community Ladies' Circle, 12:30 p.m. V.F.W., Lions' Hall, Bethel, 7 p.m. 824-2587.

First and Third Monday: Bethel Board of Selectmen meets at the Town Office, 7 p.m.

Second Monday: Newry Mother's Club meets, 7:30 p.m.

Daughters of Union Veterans of the Civil War, J. Grover Tent #17, Bryant Pond, JR Grange Hall, 7 p.m. For more info, call 665-2460.

Second and Fourth Monday: SAD44 Board of Directors meets in Bethel, Woodstock or Andover at 7:30 p.m. Call 824-2185 for meeting place.

The Gilead Fire Department meets at the Fire Station at 7 p.m.

Every Monday: Mahoosuc Music Makers rehearsal, 7-9 p.m., West Parish Congregational Church.

First Tuesday: Three Rivers Sportsman Club, Hanover K of P Hall, 6:30 p.m., potluck supper followed by a meeting.

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Andover Board of Selectmen meets at the Town office, 6 p.m.

Newry Board of Selectmen meets at the Town Office, 9 a.m.

Cross-Country Quilters meet at the Bethel Library from 8:30 to 10:30 a.m.

Third Friday: Mt. Abram Lodge, IOOF, 7:30 p.m.

Last Friday: Upton Planning Board, 7 p.m., town office.

Every Friday: Game Party at Jackson-Silver Post, No. 68, Gore Road, Locke Mills, 6 p.m.

Second Saturday: Woodstock Historical Society meets at 7 p.m. in historical society museum. Open to public.

TMS FALL SPORTS

The following students participated in fall sports at Telstar Middle School:

Varsity Soccer: Marty Odlin, Jon Shaw, Justin Hauteniem, Patrick Donovan, Eric Cheney, Chris Sente, Greg Koch, Stephanie Withey, Spencer Glover, Glenn Palmer, Danny Zinchuk, Jackie Paaso, Angus Graham, Eric Swasey, Alex Johnson, Will Searnes, Thomas Parsons, Danny Stevens, Bobby Bean, Adrien Brochu, Jeremy Cowin, Emily White, Forest Fyrberg, Amy Hebert, and Jen Walker (mgrs.).

J.V. Soccer: Peter McGuire, Kiehl Brochu, Matt Moore, Sheryl Westleigh, Emmett Donovan, David Ojeda, Jared Howe, Mark Tangney, Mark Paaso, Josh Young, Chris Bove, Matt Newell, Ryan Wheeler, Kaleb Durgin, Justin Wight, Danny Zinchuk, Darin Morse, Cory Emerson, Jay Aloisio, Mike Swan.

Varsity Field Hockey: Stephanie Vaughan, Megan Paquette, Lydia Mills, Samantha Hannigan, Heather Roderick, Erica Gundersen, Sarah Howe, Marianne Nadeau, Chelsey Bartlett, Kristin Paradis, Taleah Paradis, Riley Hansen, Carrie Rolfe, Kasey Mason, Emily Parsons, Abbie Bean, Lacy Phillips, Becky LaVallee, Tracey Gibbs, Stephanie Gavett, Sarah Rackliffe, Sarah Marshall (mgr.), and Erin Dennis (mgr.).

J.V. Field Hockey: Chelsea Marshall, Katie Wight, Caitlin Gallagher, Emily Gilbert, Alishia Melon, Alison Jacques, Bobbie Lynn McKenna, Kim Tibbets, Crystal Grant, Ashley Miller, Desiree Morgan, Sarah Reed, Annie Kennett, Samantha Howe, Denise Walley, Amanda Miclon, Danyel Hale, Erika Kenyon, Darcie Baker, Sabrina Mason, Crystal Cash, Marsha Seames, Kate O'Rourke, Shonna Young, Mary Russo, Maegan Gaudreau, Brenda Hurd, and Holly Merrill.



LONG HAIR FOR SALE—"The Gift of the Magi" by O. Henry, will be presented by the Telstar High School Drama Club on Dec. 7 and 8. It is the story of a young woman who sells her long hair to earn money to buy her husband a Christmas gift. Shown here are Telstar actresses (from left) Crystal Aylward, Martha Grover, and Siiri Cressey. Directed by music teacher Kathy Burke, the play starts at 7:30 p.m. both nights at the Helen Berry Auditorium at Telstar.

(Photo by Alison Aloisio)

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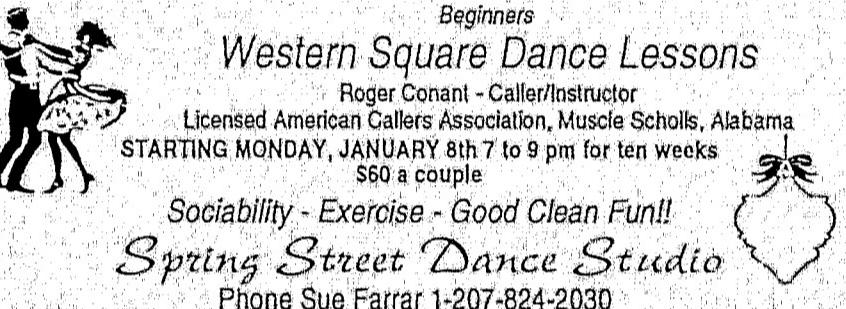
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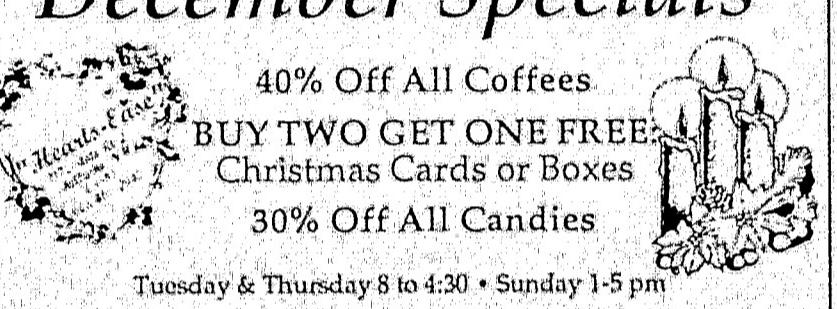
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**Telstar sports****Middle School J.V. basketball**

Fryeburg 43, Telstar 36

Nov. 29—Paul Cox and Danny Zinchuk were Telstar's high scorers with 16 and 10 points, respectively, in a loss to Fryeburg Academy. "Paul Cox nailed a three-point basket at the end of the second quarter to tie the game at 18. That basket capped off a 9-0 run. The kids hustled and played hard. This was just our first game and we look to improve," said coach Jeff Philbrook.

The Rebels had an encouraging start on Nov. 22, beating Gorham High School in a scrimmage game.

Thurlow said Winthrop is the pre-season favorite in the Mountain Valley Conference, likely followed by Jay and Mountain Valley. Winthrop went to the Western Maine finals last year.

Telstar will also have to improve on last year's 6-10 record -- and do it without leading scorer Todd Wing, who graduated.

"The kids have set a goal of going to the tournament. I think they're capable of it," Thurlow said. "I'll go too, if they'll let me."

He said the scoring should be led by senior forward Caesar Morgan, and juniors Wade Luxton (forward) and Cory Koch (guard).

Luxton is a new addition to the team, not having played in high school before.

An increasing number of players over past years has given coach Ray Seames a greater pool from which to draw.

Morgan and Koch are returning players, as are seniors Keith Stevens (forward), Heath Poland (guard); juniors Sandon Morgan (forward), Jason Berry (forward), Tim Hebert (guard), Tony Baker (guard); and sophomore Jason Mulien (guard).

The Rebels had an encouraging start on Nov. 22, beating Gorham High School in a scrimmage game.

Thurlow said Winthrop is the pre-season favorite in the Mountain Valley Conference, likely followed by Jay and Mountain Valley.

Winthrop went to the Western Maine finals last year.

The top four or five teams in the conference often make the playoffs, he said, so Telstar has a chance.

"The kids have set a goal of going to the tournament. I think they're capable of it," Thurlow said. "I'll go too, if they'll let me."

They are joined by sophomores Monica Smith (forward), Hana Seames (guard), Dani Littlehale (guard), and Jessica Durgin (forward); and freshmen Casey Brown (forward), Erin Osgood (guard/forward), and Jen Stevens (forward/center).

"They're much quicker than last year's team and we've added a considerable amount of height (Berry at 5 ft. 9 in., Stevens at 5 ft. 10 in.). And the bench is deeper," Seames said.

"I think they will be competitive in the league (Mountain Valley Conference). Dirigo will be the team to beat."

"There were six games last year we could have won. Now we have experience and some skills we didn't have," he said.

Seames said the first few games of the season will be among the most difficult.

"It's as tough a start (Madison, Winthrop, Carrabec, Dirigo) as we could ask for," he said. "But we expect to give them a run for their money."

COUNTY G.O.P. TO MEET

Rep. Joseph G. Carleton, Jr. (R-Wells), assistant Republican leader in the Maine House of Representatives, will be the featured speaker at the Dec. 12 meeting of the Oxford County Republican Committee, to be held at the Village Restaurant, 49 Main Street, Dixfield.

The social hour will begin at 6 p.m., followed by supper at 7 p.m., (\$5 per person). Information: 562-8128 or 824-2291.

The schedule is busy during the holidays.

The Parent Group is planning a Christmas party.

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Faculty and staff of both our schools found their time well spent during our work hours the

week of Thanksgiving. Four of us visited the Village School in Gorham to observe both multi-age and self-contained classrooms. We came back with lots of new ideas and enthusiasm. The same was true for the four who visited the New Suncook School in Lovell. Our music teacher, Dan Barker, visited music classes in Portland, and also came back with new ideas. We all want to work on doing more of observing what other schools are doing, to help us improve what we are doing in West Paris. We truly appreciate the time and effort of the schools involved for hosting us during a very busy week for all.

The schedule does not get less busy during the month of December. The Parent Teacher Volunteer Group is planning to hold a Christmas Fair for the children. All classes will be making crafts, several volunteers will be donating crafts, and then a day will be designated for all the children to be able to shop for Christmas presents at very reasonable prices. The date has been tentatively set for Friday, Dec. 15. We still need volunteers for craft donations and workers for the fair. Let your child's teacher know if you would like to help. Mary Guy, Robyn Sessions, Charlene Herrick or Dottie Farrar are also contact persons.

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GOULD COMMUNITY THINKS GLOBALLY, ACTS LOCALLY

Members of the Gould Academy community act locally in many ways each year in order to aid the greater global community in which they are a part. This fall was no exception. The student-run "ReachOut" program recently collected over \$700 for the United Nations Children's Fund (UNICEF) while the annual Gould Academy/American Red Cross blood drive on Nov. 14 yielded over 80 pints of lifesaving blood.

We are welcoming three new students who have just joined us. Amber and Torrey Lavine are in sixth grade, Laura Gleason has joined our kindergarten. Welcome to all three.

All classes are right back to whatever it is that we call normal!

The kindergarten class is working on and wearing the color yellow this week. The Fantastic First Graders are counting money and cooking.

The star of the week in second grade is Mark Huston. One of Mark's compliments from his classmates is that he treats others like he wants to be treated. The third-graders are working with their sixth-grade buddies learning about family traditions during the holidays. The fourth-graders have just received brand new social studies books to help in their studies of the regions of the United States. The fifth-graders are welcoming 10 sixth-graders who are going to be joining us once a week for two class periods, art and language arts. Our first day went very well. In science the sixth-graders have been sharing their excellent oceanography projects. All classes are working hard. See you next week.

Over 50 Gould students, faculty and staff joined members of the Bethel community in donating 87 pints of blood in the blood drive. Students who were too young to donate assisted the Red Cross in registering donors and monitoring the canteen. In Maine alone 300 pints of blood a day are needed to meet the current demand.

PENLEY EARNS HONORS

Colin Penley has earned highest honors at Hebron Academy, which means a grade average of A- or higher during the first marking period in the 1995-96 school year.

He is the son of Wendy and Dick Penley of Bethel and is an eighth-grader in Hebron Middle School.

Comments. The number for call-ins 824-2136.



DANCIN' UP A STORM—Gould Academy seniors (from left) Jennifer Curley, Chip Liscomb, Jennifer Leipold, and Shawn Morales practice their waltz, polka, tango in preparation for Gould's second annual Snow Ball semi-formal dance. Over 100 Gould students have taken ballroom dance lessons for the past month under direction of performing arts director Paul Nelson.

(Photo by Scott Jerome)

DRUG FORUM WILL OFFER TELEVISION CALL-INS

The television viewing public will

be able to participate in Thursday's forum for discussion of results of the Regional Partnership's 1995 Community Drug and Alcohol Survey.

The forum will be televised live on Ch. 4 (cable only) and viewers will be able to call in questions or

comments. The number for call-ins 824-2136.

The forum will be held in the Telstar High School Library, beginning at 7 p.m. The public is also encouraged to attend the live session, which will be hosted by the staff and community volunteers of the Regional Partnership and the Western Regional Council on Alcoholism.

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Classifieds ~ Call 824-2444

Wanted

WANTED TO BUY: Scrap metal, Home evenings and weekends, Raymond Chapman, 836-2585.

ANTIQUES, collectibles, furniture, glass, paintings, clocks, etc. One item or housefull. Free appraisals. Call Mike at Rumford Center Antiques, Inn & Auction Services: 1(207)364-8607.

WANTED: ITEMS from your attic, 1940's or earlier, especially small furniture, children's toys, etc. Items. Call Sally, Playhouse Antiques, 207-824-3170.

WE ARE LOOKING FOR OAK and Strip Maple limbs. Lengths between 6 to 9 feet. Dia. between 3 to 6 inches. We pay \$100 for oak limbs & \$80 for Strip Maple per cord. Call Shiitake Farm for details: 364-8576 or 369-0445.

ONE OR 2 CHILDREN, newborn to school age to babysit in my home weekdays. If interested call Rhonda Mitchell days or evenings: 836-2707, leave message if not home.

ANY LARGE OLDER advertising poster for Sunday River Ski Area. Also 1985 and older poster size ski trail maps. 774-7559. Leave message.

Tools

RINSENVAC carpet cleaner, rug shampooers, sewer snakes, sump pumps, space heaters, chipper-shredder at Brooks Bros., Inc., Main St., Bethel. 824-2158.

Personals

SURROGATE MOTHER needed to help childless couple. Must be a mother to apply. Compensation/medical expenses provided. 508-774-4548.

Pets

HAPPY JACK TRIVERMIDE: Recognized safe & effective against hook, round & tapeworms in dogs & cats. Available O-T-C. At farm, feed & hardware stores.

ADULT EDUCATION: Academic, Brush-up, GED, Career Guidance, Day & Evening. Get started on new direction NOW. Call 824-2780. SAD 44 Adult & community Education.

COMPUTER & PRINTER RENTAL Daily, weekly & monthly, 486 Desktop \$20 day, \$80 wk, \$150 mo, 486 Laptop \$35 day, \$100 wk, \$250 mo., Laser Printer - cost same as desktop. Color Printer \$10 day, \$30 wk, \$60 mo. Taking a business trip working on a large project? We can install any software. Valid drivers license required. Call Randall at: 800-420-8645.

PIZZA & SANDWICH Cooks wanted. Experienced cooks wanted to work high volume line. Seasonal work: Dec. - April.

MAID IN MAINE Housecleaning services. Looking to clean your home or rental property? Free estimates. References available upon request. Bethel, Sunday River area. 824-2628.

RECYCLING-Old lawn mowers, engines, chain saws, lawn tractors, shredders, water pumps, trimmers. Bailey's Outdoor Power.

Donald Bennett
Red House Management Svc
824-2094

Services

BENNETT'S UPHOLSTERY - Home and office furniture, antique and modern. Call for free estimates, quality workmanship at very reasonable prices. 824-2336.

RECYCLING-Old lawn mowers, engines, chain saws, lawn tractors, shredders, water pumps, trimmers. Bailey's Outdoor Power.

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Classifieds ~ Call 824-2444

WAISTSTAFF AND KITCHEN HELP wanted. Full and part-time. Apply in person after 3 p.m. Angry Dog, Rt. 2, Bethel. 49 THE DOUGLASS' BED & BREAKFAST needs someone to help with household duties Saturday & Sunday mornings during the ski season commencing Christmas week. Please contact Barbara Douglass at (207) 824-2229 if interested! 49-50p

Business/ Commercial Opportunities

FOR MORE INFORMATION AND ASSISTANCE regarding the rules of financing, business opportunities and work at home opportunities. The Bethel Citizen urges its readers to contact the Better Business Bureau, Inc., Maine Division, 812 Stevens Avenue, Portland, ME 04103-2648 60

BUSINESS FOR SALE No competition. NO license required. Client comes to you. Phone rings off the wall. \$220 investment can net six figures. 800-395-5649. 49ne FREE WINTER LEASE commercial/retail space available in unfinished barn located on Route 2 in existing commercial properties (25+) \$4,900. Stocked/ready. No spoilage, No gimmicks. Steady income - expansion fit. Call for details. 603-745-8332. 49-52

WANTED

Real Estate Agent for agency in Bethel area. Ideal opportunity for qualified, motivated individual.

Please send resume to Advertiser Box A c/o The Bethel Citizen PO Box 109, Bethel, ME 04217

Country Rose Florist and Hair Salon has spaces for rent for 2 stylists in fully equipped beauty salon.

Be your own boss.

25 Main St. Mexico, ME 04257 Call Ann at 369-0498 or leave message

LOOKING FOR TWO ROOMMATES to share my 3 bedroom mobile home in Gilhead. 15 minutes from Sunday River. \$250 a month includes heat & electricity. 836-3408. 48-49p

fireplace, dishwasher. Fully furnished, mountain views, quiet location on Sunday River Ridge. Run Trail. WAS \$119,000 REDUCED TO \$109,000. Call owner at 207-284-6484.

3-6 BEDROOM FARMHOUSE in West Bethel. New sewer system, down payment, owner will finance. Call 207-836-3945. 17if

FOR SALE BY OWNER: Large Victorian with barn. Rumford Corner, 9 miles from Mt. Abram. 15 miles from Sunday River. Great for B&B. \$83,000. Firm. Evenings 824-3470. 9if

4 BEDROOM, 2 BATH Federal 2 miles to Village. Large barn, 2 car garage, rolling fields. 1/2 mile from Songo Pond. Mahoosuc Realty. 824-2771. 33if

TWO BEDROOM CONDO, fully furnished, porch, woodstove, sleeps eight. Mt. Abram. 20 min. to Sunday River. Original cost \$82,500, reduced for quick sale. \$72,900 784-8997. 46-49p

MT. ABRAM CONDO delightfully comfortable, fully furnished, sleeps 5, great ski spot. 20 min. to Sunday River. Reduced to \$57,500. (207) 784-8997. 46-49p

WATERFRONT granite fireplace, water frontage. 875-2024. 46-49p

CONDO - BUY ONE, GET ONE FREE!

Bethel area, four 1 1/2 bath, 1 bed, wood stoves, porches, rent one, live in 8997

NORTH POND year round home sleeping loft, be Wood & oil heat Call (603) 466-2897

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bed 2 baths w/ doors, oil furnace, garden soaker to

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Rt. 202, Auburn

AFFORDABLE

at \$173, 3 bed,

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LUV Homes (1)

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WATERFRONT birch and pine

square feet w/

access. 875-2024. 46-49p

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"Walden" 60x20

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A CHAMPION shingled roof.

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Roommate

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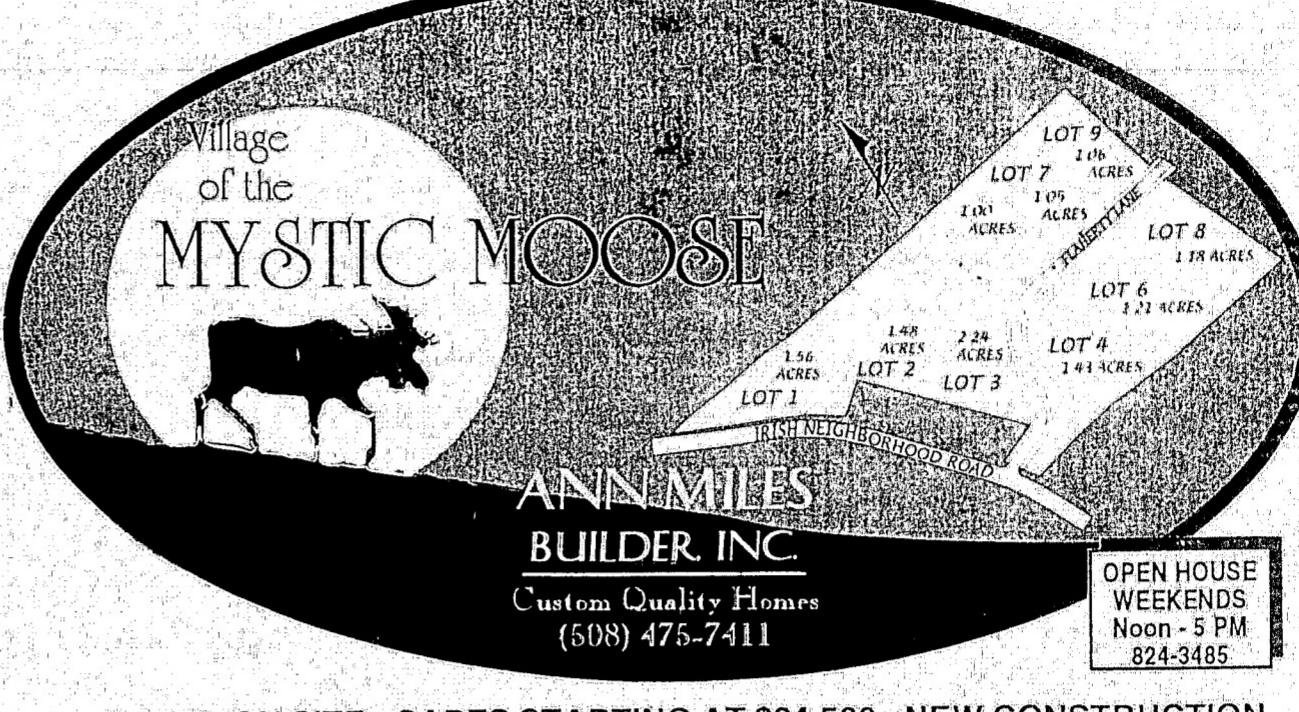
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WATERFRONT granite fireplace, water frontage. 875-2024. 46-49p

CONDO - BUY ONE, GET ONE FREE!

Real Estate

SOUTH RIDGE 2 bedroom townhouse with



OPEN HOUSE WEEKENDS Noon - 5 PM 824-3485

MODEL ON SITE • CAPIES STARTING AT \$84,500 • NEW CONSTRUCTION

Directions to the Village of The Mystic Moose: Route 26 to Bethel Center, left on Vernon Street, bear left on Irish Neighborhood Road, (3.9 miles from Bethel Center)

FOUR SEASONS REALTY

"For all your real estate needs"

Rte 26 & Bird Hill Rd • PO Box 119 • Locke Mills, ME 04255 • 207-875-2414 • 207-665-2883

HOUSE LOTS & LAND

Route 26, Bethel

8 +/- acre lot on Rte. 26 en route to Sunday River/Bethel, offers commercial potential, good road frontage.

\$34,900

Old County Road, Bryant Pond

Prices Reduced, Buyers Choice! 14 +/- acre for \$12,900; 3+/- acres for \$13,500; or 15 +/- acres for \$15,900.

Private, convenient location.

South Pond Shores Subdivision

5+/- acre lots, privacy, views, deeded road access, Owner financing. From \$17,900+

South Round Pond Waterfront

Just shy of an acre 235 +/- shoreline, permits in place, privacy, views. \$77,500 Reduced to \$64,000

Route 26 - Woodstock

Two 1 1/2 +/- acre lots en route to skylifts. Residential or commercial potential. \$14,900 per lot

North Pond

1 1/2 +/- acre lots boasts privacy, views and 200 +/- water frontage. \$7,900

CONDOS

Lake

Wednesday, December 6, 1995

The Bethel Citizen

Page Nineteen

Classifieds ~ Call 824-2444

Bethel area, four seasons, 2 bdrm., sleeps 8, 1 1/2 bath, 1 bdrm., sleeps 6 fully equipped, wood stoves, porches. \$83,500. Live in one - rent one, live in one - sell one. (207) 784-8997	now have the atrium home back. If you want to see the most exciting floor plan in a 14 wide home this is it, and it's only at Luv Homes (Wind zone homes available) LUV Homes, Rt. 1A, Holden, ME 49-52	UNICORN FLOWER SHOP. 824-2358. COMMERCIAL SPACE FOR RENT office or retail. First floor, 4 room 1 and 1/2 bath. Center of Main St., available now. Call 824-2446 or 775-6577.	RUMFORD furnished apartment 2 1/2 rooms, plus bath, quiet neighborhood, near hospital, single adult preferred, no pets \$250/month includes heat, hot water, references, deposit. 207-364-3363 or 48-499	ment, 2 bedrooms, heated, no pets. \$425 per month plus security deposit and references, 665-2834.	3082 FURNISHED 2 BEDROOM mobile home in Hanover for rent. Howard Pond Road, eight miles from Sunday River. References. Call 369-0516.
NORTH POND, WOODSTOCK 2 bdm., year round home, two car garage, workshop, sleeping loft, boathouse. Large corner lot. Wood & oil heat. Owner financing available. Call (603) 466-2074	WE SELL MORE cause we sell for less. Astro, Colony, Fleetwood, and Titan. 603-444-6208. Honey Moon Mobile Homes, Rt. 18, Littleton, NH. 49-52	COMMERCIAL/OFFICE SPACE FOR RENT: Rt. 2, West Bethel, 2nd floor. Jeff or Patrice Parsons. 836-3607	BETHEL SEASONAL SKI RENTAL: newly renovated and furnished one bedroom apartment in old farmhouse, separate entrance. Privacy. (207) 824-2812	49-50p SKI CABIN by the week or weekend. 3 Bedroom, one bath. Plus security deposit. 824-4613.	49-52p HOLIDAY SPECIAL Basic rental apts available for immediate move in at Blueberry Hill Apts. in Farmington and Deer Hill Apts. in Pittsfield. Move in during Nov. or Dec. and receive FREE 15lb. turkey and a discounted rent for January, 1996 of \$19.96 w/yr. lease! Income limits do apply. Rents start at \$345. Pay only 30% of adjusted income in rent! Now accepting applications for subsidized apts. at Blueberry Hill Apts. in Farmington and Deer Hill Apts. in Pittsfield. Rent is based on 30% of adjusted annual income. Income limits do apply. Equal Housing Opportunity. Hughes Management in Bangor Call 561-4700 TDD 1-800-855-0277
WATERFRONT 5 bedroom, 2 bath, large granite fireplace, wood floor, 500+ feet water frontage, sandy beach, great views. 875-2026	LAKESHORE, four season, minutes to skiing 3 bdm., 2 bath, exquisite stone fireplace, cathedral ceiling, waterfront and mountain views. 875-2026	COMMERCIAL SPACE IN-TOWN: Bethel; 650 sq. ft., large parking lot, handicapped access; \$450/month. Call 836-3865	FOR LEASE COMMERCIAL SPACE: Downtown Bethel. Call Mahoosuc Realty 824-2771	49-51f 2 BEDROOM APARTMENT for rent. Heat and lights included. Refrigerator and stove. \$100 weekly. Security Deposit plus references. Call 207-674-3240	49-50p WEST PARIS 2 bedroom apartment, heat and utilities included. \$450/month. 674-3221.
A BETTER DEAL. \$34,995 double wide 3 bedr 2 baths with thermal windows, steel doors, oil furnace, gas wrt heat, dishwasher, garden soaking tub, skylight; financing with land is no money down and we get you money for lot improvements. Daily 9-6. Sunday 10-5. 207-786-4016. LUV Homes (1 mile from turnpike) 1049 Washington St., Rt. 202, Auburn, ME 49-52	MT. ABRAM one bedroom condo, minutes to Sunday River - sleeps four, fully furnished, woodstove, deck, storage area, low condo fees. \$49,900. Call Jack (617) 438-2377	COMMERCIAL SPACE FOR RENT: South Ridge Townhouse in quiet Sunday River location. Includes dishwasher, TV, fireplace. Available now. Call: owner at 1-207-284-6484.	ONE AND TWO BEDROOM APARTMENT for rent in Rumford, ME. Furnished or unfurnished, includes heat and hot water. Call 1-207-364-8116 or 1-207-364-8119	49-50p BETHEL cozy, quiet 2 bedroom unfurnished apt. in private home. \$450 includes all utilities. Non-smokers, no dogs. (603) 749-3221.	49-52p STATEWIDE MLS
AFFORDABLE \$17,995. or \$899 down 180 at \$173, a bedr. Fleetwood. Walk in closets, lovely snack bar, 2 dr. refrig, gas range, venetian blinds, deluxe carpeting, house door, washer, dryer plumbing, npr 8.9% variable. Daily 9-6. Sunday 10-5. 207-786-4016. LUV Homes (1 mile from Turnpike) 1049 Washington St., Rt. 202, Auburn, ME 49-52	COZY SKI GETAWAY sleeps 6. One acre with mountain view in Bethel. Asking \$35,000. (207) 985-7926	RETAIL SPACE FOR RENT 450 sq. ft. ample parking. Great commercial exposure \$360 per month includes heat and hot water.	SKY RESORT: 2 bedroom trailer, new furnace, new floors, new cabinets, new paint \$425 per month. Need first and last months rent. (207) 583-2714	49-50p BRYANT POND second floor large apart-	49-52p 57 Main Street P.O. Box 910 Bethel, Me 04217 1-207-824-2114
REDMAN'S 80' 3 bdm. 14 wide and the "Walden" 60x28 Package house, that everyone looks at loves, come in and look it over. 10 to 6 daily, Sunday 10 to 5, 207-989-7644. Luv Homes, Rt. 1A, Holden, ME 49-52	EDELDLY HOUSING one bedroom upstairs apartment at Sudbury Village. Units are subsidized qualified applicants - waiting lists maintained. Call (207) 824-3364. Equal Housing Opportunity.	HOME FOR RENT Nov. - April '96. Located 129 Sunday River Road, 1 mile from ski slope. Security deposit required. For showing call 645-3918 or 824-7553.	ONE AND TWO BEDROOM APARTMENT for rent in Rumford, ME. Furnished or unfurnished, includes heat and hot water. Call 1-207-364-8116 or 1-207-364-8119	49-50p BRYANT POND second floor large apart-	49-52p 57 Main Street P.O. Box 910 Bethel, Me 04217 1-207-824-2114
FOUR SEASON LOG HOME on lake, minutes to skiing, two bdm., one bath, big porch, spectacular views. 875-2026	LOCKE MILLS, Bryant Pond Area.	IN-TOWN 90+ year old farm house. 4 Bdrms., furnished, whirl pool, tub, cable, washer/dryer. Sleeps 10. Utilities included \$850 per week. 804-253-0476	HOME FOR RENT Nov. - April '96. Located 129 Sunday River Road, 1 mile from ski slope. Security deposit required. For showing call 645-3918 or 824-7553.	49-50p BRYANT POND second floor large apart-	49-52p STATEWIDE MLS
A CHAMPION 70' 3 bed, vinyl siding shingled roof. \$212 for 240 months with \$1,250 down, or \$24,995 (1996) (Wind zone homes available) LUV Homes, Rt. 1A, Holden, ME 49-52	2 to 3 Bedroom home, private lot or acreage for rent, lease, option to buy.	TWO BEDROOM FURNISHED South Ridge Townhouse in quiet Sunday River location. Includes dishwasher, TV, fireplace. Available now. Call: owner at 1-207-284-6484.	THREE BEDROOM HOUSE, Bryant Pond \$600 per month. References plus security deposit. Call (207) 645-3287.	49-50p BRYANT POND second floor large apart-	49-52p STATEWIDE MLS
FOUR SEASON LOG HOME on lake, minutes to skiing, two bdm., one bath, big porch, spectacular views. 875-2026	Write: PO Box 340 Dixfield, Maine 04224	ELDERLY HOUSING one bedroom upstairs apartment at Sudbury Village. Units are subsidized qualified applicants - waiting lists maintained. Call (207) 824-3364. Equal Housing Opportunity.	ONE AND TWO BEDROOM APARTMENT for rent in Rumford, ME. Furnished or unfurnished, includes heat and hot water. Call 1-207-364-8116 or 1-207-364-8119	49-50p BRYANT POND second floor large apart-	49-52p STATEWIDE MLS
REEDMAN'S 80' 3 bdm. 14 wide and the "Walden" 60x28 Package house, that everyone looks at loves, come in and look it over. 10 to 6 daily, Sunday 10 to 5, 207-989-7644. Luv Homes, Rt. 1A, Holden, ME 49-52	2 to 3 Bedroom home, private lot or acreage for rent, lease, option to buy.	SONGO POND RENTALS. Albany. Ski house for rent. Fireplace, sleeps six. For rent by the week. Call (207) 824-3191, after 6 p.m.	MOUNTAIN GETAWAY #426 Mt. Abram log sided cabin has open living-dining area with woodstove and Monfort heater. One bdrm., 1 bath on first floor with room to expand upstairs. Walk to slopes. JUST \$74,500	49-50p BRYANT POND second floor large apart-	49-52p STATEWIDE MLS
FOUR SEASON LOG HOME on lake, minutes to skiing, two bdm., one bath, big porch, spectacular views. 875-2026	Locke Mills, Bryant Pond Area.	GOT A CAMPGROUND MEMBERSHIP OR TIMESHARE? We'll take it. America's most successful resort resale clearinghouse. Call: Resort Sales Information toll free hotline. 1-800-423-5967.	QUIET MOUNTAIN CHALET #36 Enjoy the delight of owning a year round 3 bedroom, 1 bath vacation home off a quiet country lane at this well-known small family oriented ski area ONLY \$85,000	49-50p BRYANT POND second floor large apart-	49-52p STATEWIDE MLS
FOUR SEASON LOG HOME on lake, minutes to skiing, two bdm., one bath, big porch, spectacular views. 875-2026	Write: PO Box 340 Dixfield, Maine 04224	SEASONAL RENTALS available in Bethel area. Sleeps 6-10. Call 824-3191.	VACATION HOME #432 All you need are groceries to move right into this well appointed 3 bdm., 1 1/2 bath home. Tucked away on a wooded lot, this property has loads of indoor and outdoor living space. A must see. PRICED AT \$86,500	49-50p BRYANT POND second floor large apart-	49-52p STATEWIDE MLS
FOUR SEASON LOG HOME on lake, minutes to skiing, two bdm., one bath, big porch, spectacular views. 875-2026	2 to 3 Bedroom home, private lot or acreage for rent, lease, option to buy.	SONGO POND RENTALS. Albany. Ski house for rent. Fireplace, sleeps six. For rent by the week. Call (207) 824-3191, after 6 p.m.	#291 GREAT HOMESITE ideal location enroute to Mt. Abram, this 2 1/2 acre wooded lot is already sold, surveyed and on a town maintained road. Fishing and boating access to Round, North & South Ponds is less than a mile away. Excellent 4 season property. \$16,900	49-50p BRYANT POND second floor large apart-	49-52p STATEWIDE MLS
FOUR SEASON LOG HOME on lake, minutes to skiing, two bdm., one bath, big porch, spectacular views. 875-2026	Locke Mills, Bryant Pond Area.	GOT A CAMPGROUND MEMBERSHIP OR TIMESHARE? We'll take it. America's most successful resort resale clearinghouse. Call: Resort Sales Information toll free hotline. 1-800-423-5967.	SPECIAL LAND OFFERINGS #267 WEST WOODS Only 3 miles from Bethel Village, these lovely 5/4-acre wooded lots, have been sold, tested, surveyed and are ready to go. Whispering pines and majestic mountain views complete the picture. Offered to first purchaser for only \$16,000	49-50p BRYANT POND second floor large apart-	49-52p STATEWIDE MLS
FOUR SEASON LOG HOME on lake, minutes to skiing, two bdm., one bath, big porch, spectacular views. 875-2026	Write: PO Box 340 Dixfield, Maine 04224	SEASONAL RENTALS available in Bethel area. Sleeps 6-10. Call 824-3191.	#291 GREAT HOMESITE ideal location enroute to Mt. Abram, this 2 1/2 acre wooded lot is already sold, surveyed and on a town maintained road. Fishing and boating access to Round, North & South Ponds is less than a mile away. Excellent 4 season property. \$16,900	49-50p BRYANT POND second floor large apart-	49-52p STATEWIDE MLS
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Obituaries

MILDRED C. THOMAS

Mildred C. Thomas, 85, of Bethel, died Nov. 22, 1995, at Stephens Memorial Hospital after a brief illness.

Born in Brooklyn, N.Y., on Nov. 2, 1910, daughter of Arthur Stockman and Lillian Applegate Bailey, she grew up on Long Island and attended schools there. Following high school, she graduated from Katherine Gibbs Secretarial College.

Mrs. Thomas worked as a secretary in Manhattan and later moved to Norfolk, Va., after her marriage to James H. Thomas, a career Navy officer. She lived there all her married life except for two years in Newfoundland.

For 20 years she was the executive secretary to the admiral at the Naval Safety Center at Norfolk. Retiring in 1977, she became a Red Cross volunteer.

Following her husband's death in 1982, Mrs. Thomas moved to Maine and lived in Bethel, beginning in 1983.

A member of the West Parish Congregational Church, American Legion Auxiliary, the Cynthia Mason Round Robin Bridge Club and the Norfolk, Va., Fleet Reserve Auxiliary, she was also active as a guide and volunteer at the Bethel Historical Society.

Survivors include several nephews.

Her ashes will be buried beside her husband in Virginia.

JAMES E. BILLINGS

James E. Billings, 74, of Oxford, died Tuesday morning, Nov. 28, 1995, at his residence in Oxford.

He was born in Milton Plantation on Aug. 9, 1921, son of Everett and Grace Adamson Billings. He attended Bethel schools. He had worked for many years at A.L. Stewart's and as a part-time janitor for the Poland school.

Mr. Billings was an avid outdoorsman, enjoying hunting and fishing. He also enjoyed horse pulling at local fairs.

He is survived by his daughter, Elizabeth A. Blake of Oxford; one granddaughter and one great-grandson, both of Oxford.

Funeral services were held Thursday, Nov. 30, at the Raymond/Weston-Chandler Funeral Home, Norway. In lieu of flowers, donations in James' memory may be sent to The American Heart Association, Box 346, Augusta, ME 04330.

RUTH TYLER

Ruth (Lord) Tyler, 82, of Bryant Pond, died early Thursday morning, Nov. 30, 1995, at Stephens Memorial Hospital.

Mrs. Tyler was born in Lewiston on Oct. 24, 1913, daughter of the late Roy H. and Matic (Thompson) Lord. She attended the schools of Milton and Rumford Point, but graduated from Woodstock High

School in 1930 and attended Bliss Business College in Lewiston. On Dec. 3, 1932, she married Harold Tyler, who predeceased her in December 1990. She had been a resident of Bryant Pond three-quarters of a century.

A secretary by profession, Mrs. Tyler had worked at Stowell's and Bryant Pond, in that capacity over 25 years, until her retirement.

She was a member and past matron of Jefferson Chapter 89, OES of Bryant Pond and a past president of the Star Birthday Club. She was also a member of the Bryant Pond Universalist Church, a former member of Franklin Grange in Bryant Pond, past president of the Woodstock Alumni Association and past president of the Bryant Pond Garden Club. She was a correspondent for the Lewiston Sun for many years and wrote several articles for the "Golden Age Series," accompanied by her photographs.

Mrs. Tyler is survived by a son, James of Rumford; two sisters, Eva Linnell of South Paris and Marion Langway of Bryant Pond; a granddaughter of New Bern, N.C.; and many nieces and nephews.

Funeral services were held at the Andrews Funeral Home, South Woodstock, on Dec. 2, with interment in Lakeside Cemetery, Bryant Pond. Friends who wish may make memorial contributions to Androscoggin Home Health, Strawberry Avenue, Lewiston, ME 04240.

Mrs. Tyler was born in Lewiston on Oct. 24, 1913, daughter of the late Roy H. and Matic (Thompson) Lord. She attended the schools of Milton and Rumford Point, but graduated from Woodstock High

CHESLEY L. WEBBER

Chesley L. Webber, 63, of Norway, died Friday, Dec. 1, 1995, at Maine Medical Center.

He was born at Fayette on March 1932, son of Chesley P. and Clara (Chapman) Webber. He attended Fayette schools. He had been at Fessington Foundry in Norway for many years. He was a member of the United Methodist Church in Norway, where he had lived with his mother in the Norway area for the past few years.

He is survived by his mother of Norway; a daughter, Tammy L. Dalton of Winterport; a sister, Veleada Strickland of Bryant Pond; a brother, Harry Butler of Lawrence, Mass.; a half-brother, Raymond of Casco; a granddaughter of Winterport.

Funeral services were held Monday, Dec. 3, at the Raymond/Weston-Chandler Funeral Home, Norway, with the Rev. Norman Rust officiating. Interment will be in the Highland Cemetery, West Poland, in the spring.

CONSTANCE D. HINDMAN

Mrs. Constance D. Hindman, 63, of Songo Road, Bethel, died Friday, Dec. 1, 1995, at Stephens Memorial Hospital in Norway.

She was born in Farmington on Feb. 28, 1932, daughter of Jesse and Elmira Wheeler Doyen. She was a graduate of South Portland High School with the class of 1950 and from Goddard College in Plainfield, Vt., in 1954.

Mrs. Hindman was founder of Voices for the Blind in Bethel. She was a member of the Bethel Methodist Church.

Survivors include three sons: John Hindman of Rindge, N.H., Mark Hindman of Bethel and Lee Hindman of South China; a daughter, Mrs. Timothy (Rachael) Buchanan of Clayton, N.C.; her mother, Mrs. Elmira Doyen of Bethel; a sister, Mrs. Hugh (Marjorie) Awalt of Augusta; two foster children, Lisa Davis and Brenda Dean, both of Virginia; four grandchildren, Heather Walker of Florida, Wendy Walker of Bethel and Brad and Jennifer Hindman of China.

At the family's request there were no funeral services.

Card of Thanks

A big thank you!! To Evanna Davis & Nancy Gaver for 136 volunteer hours in the guidance office during the month of November. You are both heaven sent!

With sincere appreciation
Yearstar Counselors, Staff & Students

Bethel Area Health Center

Railroad Street, Bethel
824-2193 • 800-287-2292
(outside of Bethel Area)

Monday 8 am - 8 pm
Tuesday-Friday 8 am - 5 pm

Saturday 8 am - 12 noon
Richard DeCarolis D.O. *

Kevin Finley, D.O. *

Jan Whitworth, P.A.C.

Michael Poirier, P.A.C.

Family Practice
-Pediatric
-Adolescent
-Adult

-Gynecology
-Geriatric

Osteopathic Treatments

Substance Abuse and

DEEP Counseling Available

Handicapped Accessible • ROI

* Board Certified in Family Practice

Hurry!
Letters
need to
arrive by
Dec.
11th!

What do you
want for
Christmas?

Canton Fish and Game Club and the Sumner Historical Society.

Besides his wife of Ledgeview Nursing Home, he is survived by a daughter, Barbara Edmunds of West Paris; five sons, Leo and Eugene, both of West Paris, Arlan E. and Dale, both of Rumford, and Gerald A. of Sumner; 19 grandchildren, 46 great-grandchildren, and five great-great-grandchildren, as well as many nieces and nephews. He was predeceased by a sister, Alice Varney, and three brothers, Arthur, Omar and Charles.

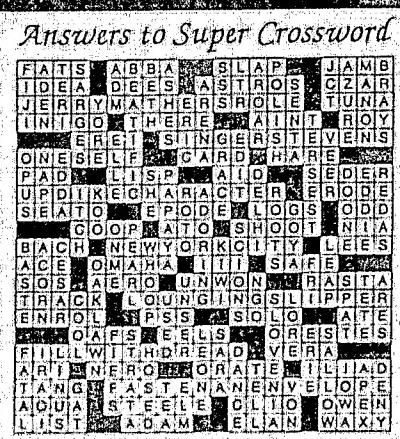
Masonic services were held Monday, Dec. 4, at 7:30 p.m. and funeral services were held Tuesday, Dec. 5, with interment in Pleasant Pond Cemetery, Sumner. Friends who wish may make memorial donations in Arland's memory to Alzheimers Foundation, c/o Mrs. Barbara Edmunds, PO Box 225, West Paris, ME 04289.

Births

Brian and Cindy Goodrich of Bethel are pleased to announce the arrival of a baby boy, Kevin James, born Nov. 28, 1995, at Stephens Memorial Hospital, weighing 8 pounds, 4 ounces.

Maternal grandparents are the late James Fifield and Marianna Fifield of Bryant Pond.

Paternal grandparents are Robert and Loretta Pilgrim of West Bethel.



Happy 16th "Shaver"



We love you!

It's Christmas Time at M&W Farm & Greenhouses

We're here to help you with your decoration needs with hand-tied wreaths, swags, kissing balls, garland and hand-carved Santas for gifts in general for that someone special.

We have live plants, silk and dried arrangements
Christmas Trees and much more!

M&W Farm & Greenhouses

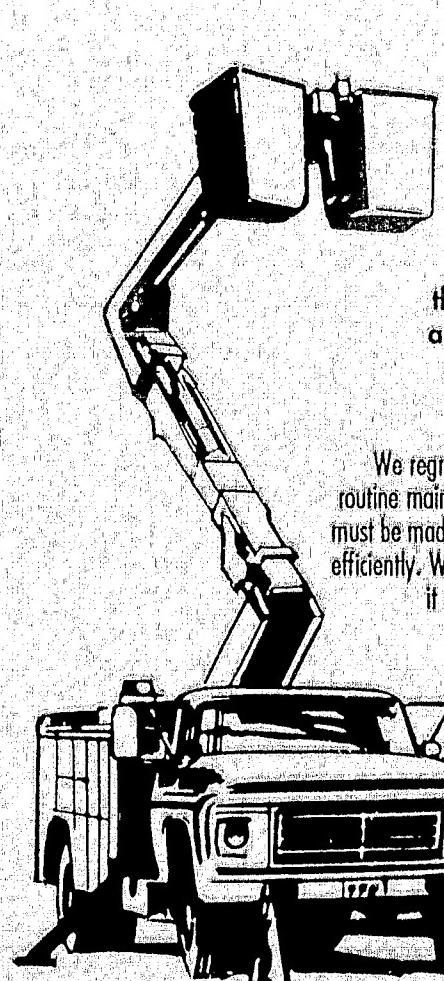
Old County Road • Bryant Pond • 207-674-2183

ELECTRICAL SERVICE INTERRUPTION

Time Off: 12:00 am
Time On: 5:00 am
Day: Saturday
Date: Dec. 9, 1995

Area: All of Albany,
Stoneham, North Lovell,
North Waterford,
East Waterford including
the east side of McLean Pond
and in Bethel, the Song Pond
road and the Wheeler Road.

We regret causing you any inconvenience, but routine maintenance and repairs, when necessary, must be made so that we may continue serving you efficiently. We've scheduled the above time hoping it will cause you the least inconvenience and we'll complete the work as quickly as possible.



If the weather is inclement, this work will be rescheduled for December 10, 1995 at the same time.

Kids, Send Us Your Letter to Santa!

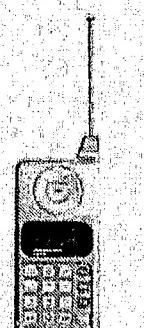
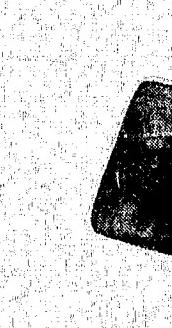
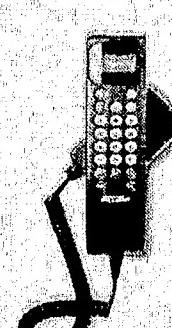
and receive from
The Bethel Citizen's
Santa ...

\$100 Savings Bond
OR
2 Tickets to
Sunday River Ski Resort
OR
4 Tickets to
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The Bethel Citizen

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